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EVERY ONE

Sid the Kid to carry flame in torch relay

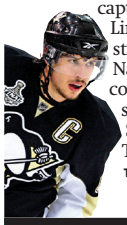
OLYMPICS Hockey star Sidney Crosby is the latest prominent Canadian announced to carry the Olympic torch.

The Pittsburgh Penguins captain is slated to run in the Vancouver 2010 Olympic Torch Relay on Nov. 18 in his home province of Nova Scotia next month.

"The torch relay will pass through so many communities and hands on the way to Vancouver and I'm privileged to be part of that special group as the Olympic Flame makes its way to Vancouver for the 2010 Winter Games," he said.

Other torchbearers include former Canucks captain Trevor Linden, NBA star Steve Nash and country music singer Shania Twain.

THE CANADIAN PRESS



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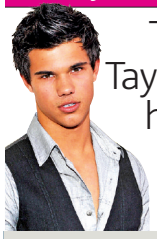
Celebrity Buzz pg26



Two Taylors heat it up

Dragons' Den pg 17

Is there support for 9-to-5 bra?

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B.C. flu deaths up to 12

21 out of 88 serious new cases in intensive care in past week

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Flu Outbreak

Three more people with the H1N1 virus have died in British Columbia — two of whom were middle-aged women in the Fraser Health region — bringing the total this flu season to 12 deaths.

The third death was in the Interior. Provincial health officials say all but one of the victims had underlying health problems.

Eighty-eight new serious cases of H1N1 have sprung up in B.C. in the past week, 21 of which required hospitalization in intensive care.

Vaccinations began across the country on Monday to inoculate the most vulnerable patients against the second wave of the virus — pregnant women past their 20th week, people with underlying health conditions, aboriginals and those living in remote areas.

Anna-Marie D'Angelo, a spokesperson for Vancouver Coastal Health, said demand remained high yesterday at the roughly 12 Vancouver clinics offering the free vaccination.

"We had a lineup for the (clinic) at Knight Street," she said.

"We gave more than 20,000 vaccinations to the doctors in private practice in Vancouver, so people are also going to their doctors."

On Monday, so many people turned up to the clinic at Arbutus Mall that it ran out of the vaccine in the early afternoon.

The vaccination program will be expanded in the next week to children between six months and five years and people in the health-care field.

In mid-November, the shot will be available to anyone who wants it.

WITH FILES FROM THE CANADIAN PRESS

Nurses' hotline

- As of today, there will be 142 lines open on the province's non-emergency nurses' hotline.
- So many people were calling 811 to find out if they had the H1N1 virus that they were getting a busy signal.

2010 Hero

JEFF HOSOKAWA/METRO VANCOUVER

Pallbearers carry Jack Poole's casket into the Christ Church Cathedral in Vancouver yesterday. Poole, the chair of the Vancouver Olympic Organizing Committee, died Friday following a lengthy battle with pancreatic cancer. Story, page 3.

Would-be johns imaginative, say police

One of the most common excuses would-be johns give to arresting officers is, "It's my first time," the RCMP said yesterday after announcing the arrest of seven men in Surrey.

When Mounties sent an undercover female police officer out on to the Surrey streets on Oct. 23, she was approached by seven men, all of whom were arrested, said Sgt. Roger Morrow.

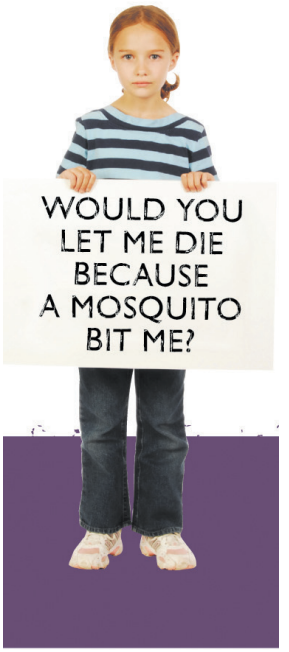
"Investigators continue to hear a variety of commentaries as to why these men — many of whom are married — are engaged in this criminal activity," he said.

Reasons included, "I'm lonely," "My son just died," "I was just bored coming home from work" and "I'm new in town."

In one case, a suspect told police he was buying his friend a "gift" when he approached the undercover officer.

Those arrested range in age from 23 to 70 years old.

KRISTEN THOMPSON/ METRO VANCOUVER



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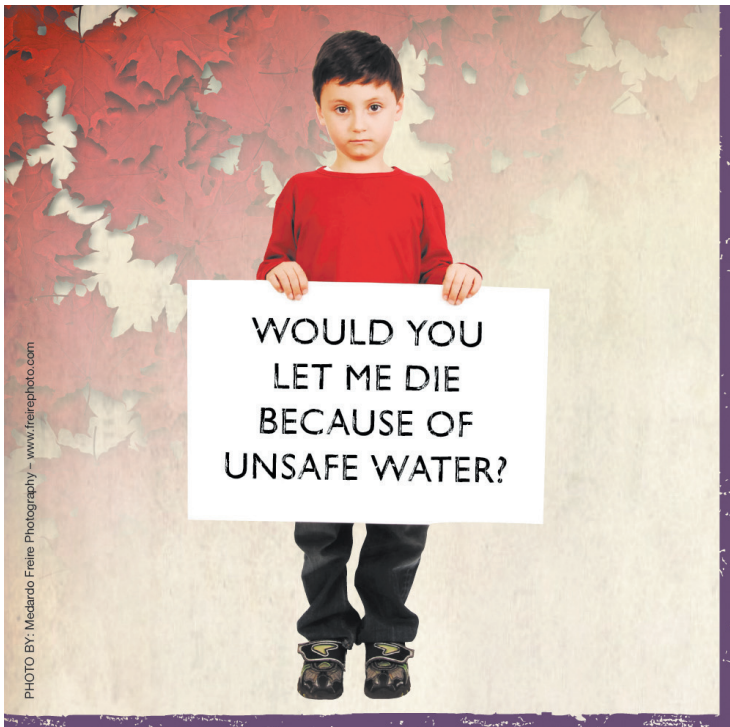

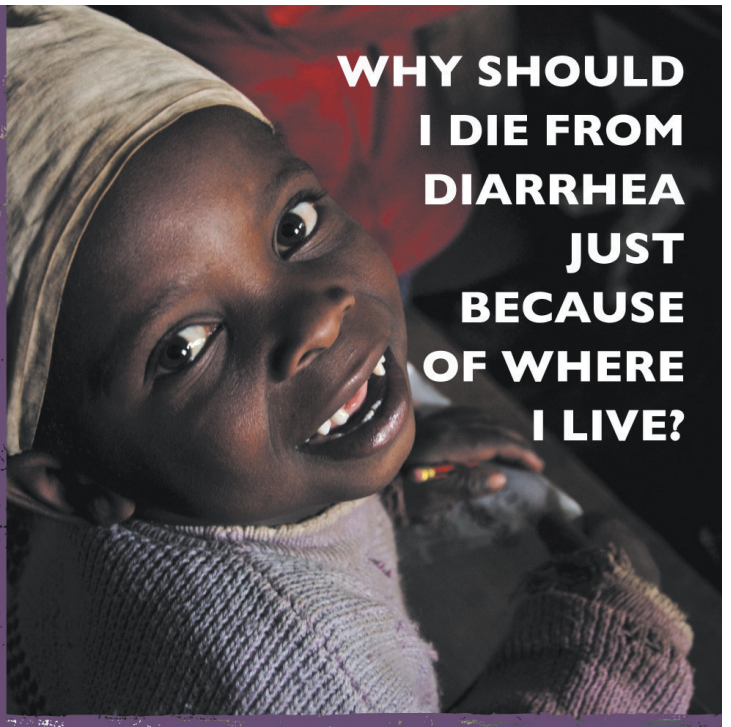

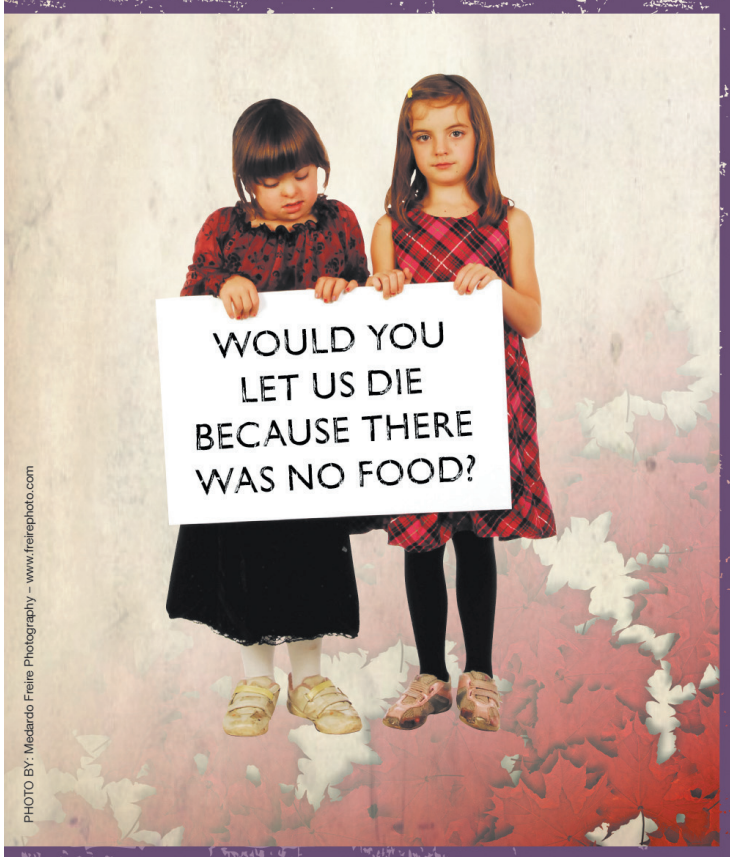

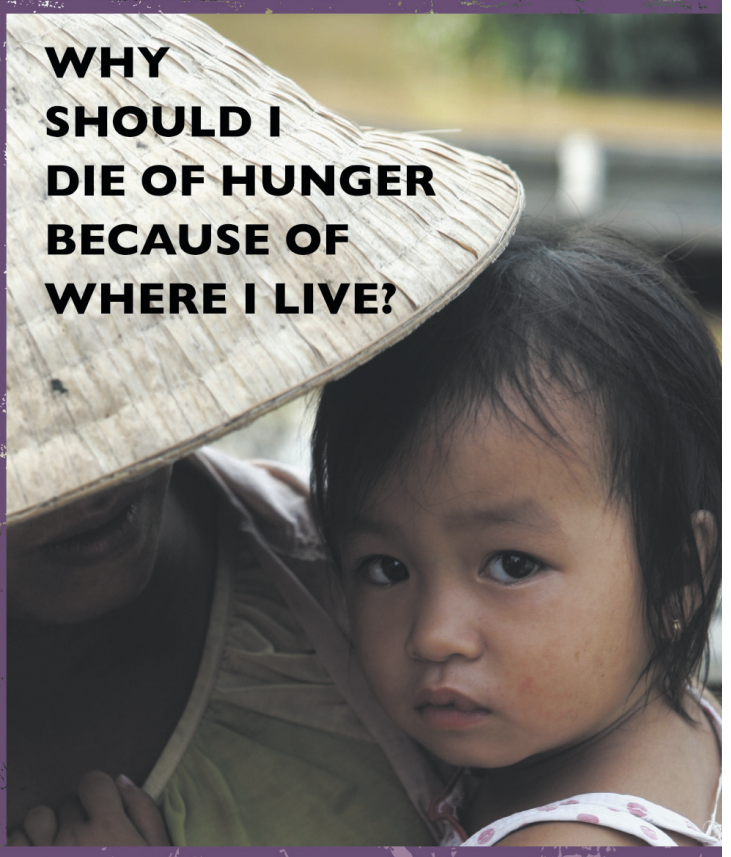

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SCANLIFE

Local

Hidden camera found at ATM

Abbotsford police are reminding the public to be careful when using ATM machines after seizing a tiny hidden camera used to steal personal information from unsuspecting users. An observant citizen spotted the device at an ATM in the 1100 block of Cornell Street in Abbotsford. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

LAWSUIT B.C. Solicitor General Kash Heed is being sued for defamation by a former West Vancouver police officer who says his one-time chief tried to further his political career at the expense of his being investigated for drunk driving.

INDECENT Police are asking for help identifying an overweight man in his 60s who committed an indecent act on a bus last month. The man wore a dark cap, shorts and a blue jacket.

BUS LOOP UBC plans to nix the underground bus loop that has been under construction for six years. UBC's students' association has criticized the move, calling it a waste of money.

BACON Susan Bacon, the mother of Jarrod and James Bacon, testified at her sons' weapons charges trial for the second day yesterday. The court learned that when police asked who tried to assassinate Jarrod at their Surrey home in 2007, she yelled, "Why don't you tell us? You're always following them."

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PHOTO COURTESY OF THE CITY OF VANCOUVER

Vancouver Mayor Gregor Robertson, left, holds the 2010 Olympic torch with London Mayor Boris Johnson in England yesterday.

Mayors meet across the pond

VANCOUVER 2010 Games

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ENGLAND Vancouver Mayor Gregor Robertson was in another grey, drizzly capital yesterday — London, England — where he met Mayor Boris Johnson as part of his trip to Europe for the lighting of the Olympic torch.

The mayors discussed their greenest city initiatives as well as preparations for hosting the Winter Games and Summer Games, the latter of which will being held in London in 2012.

"London is a leader in clean transportation and low eco-footprint, and it's useful to see what they're doing to go green," said Robertson in a release.

Johnson said the cities have a lot to learn from each other, not just in their efforts to become greener, but in hosting a major international sporting event.

"(Visiting Vancouver) will be a fantastic opportunity to build on the ideas we have discussed and to see first-hand how they have managed such a high-profile and complex operation," Johnson said.

1 in 3 kids 'vulnerable'

Social, physical or cognitive skills lacking: Data

KIMBERLY SHEARON
for Metro Vancouver

Early childhood vulnerability isn't just a problem in Vancouver's poorest neighbourhoods, it's a city-wide issue, suggests research from the UBC-led Human Early Learning Partnership.

Its data indicates that one in three Vancouver children are "developmentally vulnerable" — meaning they lack the social, physical or cognitive skills to keep pace with their peers — when they enter kindergarten.

"We know that when we have this high a rate of vulnerability, it leads into results we don't want to have in terms of criminal activity, in terms of being ready to thrive in the labour market ... or post-secondary education," said Dr. Paul Kershaw, assistant professor in interdisciplinary studies at UBC.

Early vulnerability, he said, is preventable.

Poverty attributes for some of the results, but Kershaw pointed out that many vulnerable children are from middle-class homes.

The districts of West Vancouver and North Vancouver have two of the lowest vulnerability rates — 20.8 and 22.7 per cent, respectively — in Metro Vancouver.

Meanwhile, the Downtown Eastside and South Vancouver reported vulnerability rates of 46.5 and 42.9 per cent.

Kershaw said B.C. and the rest of Canada need to make early childhood development a priority and support policies that help parents raise their children.

"This is absolutely something people should be concerned about, and I worry, in fact, that the province is asleep at the wheel as we let three times as many kids be vulnerable as really, biologically speaking, there need to be."

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Mourners bid farewell to Poole

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

SERVICE About a thousand people, including some of the most powerful and wealthy in the province, jammed into an Anglican Church in Vancouver yesterday to say goodbye to Jack Poole.

The chair of the Vancouver Olympic Organizing Committee died Friday following a lengthy battle with pancreatic cancer only hours after the Olympic torch was lit in Greece.

"It was a wonderful service and very appropriate," said David Podmore, Poole's longtime friend and business associate.

Poole, who was the head of Vancouver's Olympic bid, is credited with winning the Games that will begin in 107 days.

Premier Gordon Campbell and VANOC CEO John Furlong were among the speakers at the funeral, which concluded with a rendition of Happy Trails.

"(The speakers) captured the essence of Jack, and made everyone in the room — just as Jack always did — feel really special and warm and wanted," Podmore said.

Speakers touched on Poole's mischievousness and fondness of practical jokes, as well as his love of family. Prior to the service, a line of several hundred stretched from the church down Burrard Street.

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March on, Olympics or not
Activists say the annual Memorial March for Missing Women will still be held on Feb. 14 in the Downtown Eastside — even if it hinders traffic during the Olympics. METRO VANCOUVER

What to do about the homeless?

As the Olympics draw nearer, city officials asking that question more than ever

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Instead of finding ways to force homeless people into shelters or out of the city during the Games, we should be finding ways to include them in the celebrations, says a local homeless advocate.

"Ideally we need a place where (homeless) people can go inside and watch the Olympics on large-screen TVs," said Judy Graves, co-ordinator of the Tenant Assistance Program for the City of Vancouver.

She said finding ways to let the city's more marginalized population participate in the Olympics would be "very well received."

"We all want to watch, and people on the street are no different," she said.

The question of what's going to happen to the homeless during the Olympics has been up for debate since Vancouver won the bid in 2003.

RAFE ARNOTT/METRO FILE PHOTO

A homeless person uses a shopping cart and a plastic sheet as a makeshift shelter in the Downtown Eastside.

Recently, the province announced it's drafting legislation that would let police force people into shelters during times of inclement weather.

But Laura Track, a lawyer with Pivot Legal Society, said many homeless people choose the streets over shelters because they often can't bring their pets, partners and belongings.

If the three low-barrier HEAT shelters that were opened last winter are reopened as planned, there should be fewer people sleeping on the streets during the Games than there were in the summer.

City Coun. Kerry Jang said ideally there wouldn't be a need for shelters, and the 161 new rooms opening at Dunsmuir House in November will also help reduce the number of people sleeping outside.

Word on the street

Metro Vancouver asked four local housing and homeless advocates their fears and hopes for the homeless during the Olympics.

Wendy Pedersen, spokesperson for the Carnegie Community Action Project

Hope: "That Minister Coleman ... cashes in the $250 million housing endowment fund and announces he's going to build 2,000 homes in the inner city."
Fear: "(That) poor people will be out of sight ... and the police (are) able to apprehend (homeless) people."

Kerry Jang, city councillor

Kerry Jang

Hope: "That we have over 1,000 people inside ... (and) that we are well underway to have the interim housing in place for the following year."
Fear: "That we only have 1,000 people inside and that someone else will die (because) we didn't have enough capacity for them."

Laura Track, lawyer with Pivot Legal Society

Hope: "By the Olympic Games ... that there are timelines and money committed to the construction and operation of social housing on every one of the 14 (city-owned) sites."
Fear: "That the government continues this approach of criminalizing homelessness and poverty, and relies on the police to deal with homelessness."

Judy Graves, co-ordinator of the Tenant Assistance Program for the City of Vancouver

Judy Graves

Hope: "(That) self-contained rooms (are made) available to homeless people in whatever neighbourhood they're already living in."
Fear: "That people will be shipped out of town, because survival is difficult enough in a familiar area and will be jeopardized in an unfamiliar area."

KRISTEN THOMPSON/ METRO VANCOUVER

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U2 set to rock GM Place
Iconic Irish rockers U2 will be performing at GM Place tonight as part of their 360 Degrees tour. The doors open at 7 p.m. METRO VANCOUVER

B.C. Ferries anchor drops by accident

INCIDENT An anchor unexpectedly dropped from one of the largest vessels in the B.C. Ferries fleet yesterday morning, while the ship was mid-voyage.

B.C. Ferries spokeswoman Debra Marshall says no passengers were hurt and the Spirit of British Columbia was undamaged when one of the ship's two anchors let go.

The vessel, which can carry 2,100 passengers, was making its first run of the day from Vancouver Island to Tsawwassen.

The incident occurred just east of Active Pass, a narrow passage known for its hairpin turn and challenging currents between Galiano Island and Mayne Island in Georgia Strait.

It's not known what caused the anchor to tumble into the water.

THE CANADIAN PRESS

Agents injured at Canadian border

INCIDENT Two Canadian border agents received minor injuries when they were briefly dragged behind a fleeing Volvo at the Point Roberts border crossing, Delta police said yesterday.

The grey Volvo S40 was stopped at the crossing on Monday as it tried to enter Canada. Its driver was initially co-operative, but jumped back into the car when officers began to search it. He sped off, dragging both officers a short distance. Neither was seriously injured.

The man was described as having dark spiked hair. He wore a black leather jacket, white runners and blue jeans. JEFF HODSON/ METRO VANCOUVER

Police identify body from park

CRIME The body found by police at Surrey Lake Park is that of 23-year-old Gurpreet "Garry" Singh Bassi, said RCMP Cpl. Lea-Anne Dunlop.

"The investigation at this point has led to the fact that police believe this to be a targeted incident rather than a random attack," Dunlop said.

Public court records show that a Gurpreet Singh Bassi has faced firearm and assault charges. At this time police are exploring all possible reasons for the murder including links to organized crime.

STIG NIELSEN AND KIMBERLY SHEARON FOR METRO VANCOUVER

Olympics needs more bear bell

More ... bear bell?

One of the host First Nations for the 2010 Olympics and a British Columbia spirit committee are among a number of groups who have teamed up to launch celebration bells for the Vancouver Games.

The bear bells will be distributed on the North Shore, where Cypress Mountain will play host to Olympic freestyle skiing and snowboarding.

The cow bell — perhaps best known for a classic Saturday Night Live sketch in which Christopher Walken tells Will Ferrell "I've got a fever and the only prescription is more cow bell!" — is typically the noisemaker of choice at Olympic ski and snowboarding events.

But Doug Smith, chairman of North Vancouver's Spirit of B.C. Committee, said yesterday the bear bells are a way of life for area residents who carry them whenever they venture into the woods.

He said they offer a unique opportunity to put the region's stamp on the Games.

THE CANADIAN PRESS

News in brief

DUI A man dressed in a clown costume has been charged with impaired driving and refusal to provide a breath sample after crashing into a police cruiser Sunday morning in West Vancouver

NET A recent investigation suggests that unsecured Wi-Fi networks are being used by child predators, B.C. RCMP said yesterday. METRO VANCOUVER

French billionaire sets up in Montreal

French billionaire Vincent Bollore is joining the global rush to build electric batteries for the vehicles of tomorrow. And he's setting up shop near Montreal. Bollore announced yesterday his company, Bollore Group, will invest $120 million in a battery-producing factory east of Montreal. THE CANADIAN PRESS

Canada

Royal visit less than exciting: Poll

Just days of ahead of a visit to Canada by Prince Charles and his wife, Camilla, Duchess of Cornwall, Canadians appear less than excited about the first-in-line to the crown, CBC News Online reports. According to a recent poll prepared by a Toronto-based polling, consulting and communications firm, Charles has an image problem. More than 47 per cent of those polled disagreed that the prince has a vision for the future. Asked if they felt Charles was ahead of his time, only a quarter of respondents agreed. THE CANADIAN PRESS

Dead site user policy expected next week

FACEBOOK A spokeswoman for Canada's privacy commissioner says Facebook is expected to announce a new policy on how it handles profiles of deceased users in the next week.

In recent days, the social networking site has been reminding members about a service that "memorializes" profiles of deceased users at the request of friends and family members.

But Facebook has yet to adopt privacy commissioner Jennifer Stoddart's recommendation for more disclosure about what happens to users' personal information after they die.

The recommendation from Stoaddart was included in an August report on Facebook's privacy policies.

Commissioner spokeswoman Anne-Marie Hayden says Facebook was expected to post a new privacy policy within 10 weeks, which would mean it's due sometime in the next seven days.

A memorialized profile changes privacy settings so no further status updates can be made, contact information is hidden, and only confirmed friends can access the profile.

Stoddart wants users to have a better idea of what they're getting into when they sign up for Facebook and be aware that their profile could live on after they die.

The social networking site will also take down an account if requested by a deceased user's family or friends.

THE CANADIAN PRESS

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G8 funds land far from site

Cash for Huntsville summit also going to towns in minister's riding

A $50-million federal fund set up to build infrastructure for next June's G8 summit is being spent partly on projects that are far from the summit site and with tenuous links to the high-powered meeting.

Industry Minister Tony Clement announced the low-profile fund last February, explaining that the fund was being "provided for G8 Summit-related infrastructure, including a G8 Centre in Huntsville."

Huntsville, Ont., will host the meeting. The town of 18,000 is in Clement's riding, about 215 kilometres north of Toronto.

Huntsville has received the largest share of the money, mainly $16.7 million for a new G8 Centre, $9 million for a summit management office and $2.4 million for road improvements.

But a partial list of the fund's projects, and a series of news releases, shows that many of the towns in Clement's riding are receiving money from the fund to build band shells, plant gardens and put up signs and lights. One news release announced $1.1 million to upgrade a street and replace trees in Parry Sound, Ont., some 80 kilometres away from the summit site. The area just south of Parry Sound is receiving $745,000 for signs, fencing and landscaping in the towns of Rosseau, Humphrey and Orrville. The towns of Port Severn and South River, many kilometres from the summit, are each getting $65,000 for signs and landscaping. "How is this justified? In what way is this going to improve the G8?" asked Liberal MP Gerard Kennedy.

Clement spokesman Erik Waddell said the money is well spent, since the summit is expected to draw huge crowds. THE CANADIAN PRESS

Industry Minister Tony Clement

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Canadian faces terror charges

ALLEGATIONS A Canadian is one of two Chicago men charged with plotting terrorist attacks against targets outside the United States, including a Danish newspaper that sparked outrage among Muslims by publishing cartoons depicting the Prophet Muhammad.

A statement released yesterday through the Department of Justice outlines the allegations against the two men.

Prosecutors said Canadian citizen Tahawwur Hussain Rana, 48, and David Coleman Headley, 49, have been charged in separate complaints filed in U.S. District Court in Chicago.

Headley and Rana are each charged with conspiracy to provide material support to a foreign terrorism conspiracy, which carries a maximum sentence of 15 years in prison.

Headley is also charged with conspiracy to commit terrorist acts involving murder and maiming outside the United States. He could be sentenced to life in prison if convicted.

According to an FBI affidavit released yesterday, Headley told FBI agents that the initial plan called for an attack against the newspaper building in Copenhagen, but he later proposed just killing the paper's cartoonist and former cultural editor.

Prosecutors said Headley, a U.S. citizen who changed his name from Daood Gilani in 2006, identified and conducted surveillance of potential targets of a terrorist attack in Denmark on two separate trips to that country in January and June.

They said Headley reported and attempted to report on his efforts to individuals with ties to terrorism overseas.

THE CANADIAN PRESS

Complaint

- U.S. federal officials say Tahawwur Rana is a native of Pakistan and citizen of Canada who resides in Chicago.
- The complaint against Rana alleges he made travel arrangements for Headley under the auspices of the business he runs, First World Immigration Services, which has offices in Chicago, New York and Toronto. An employee reached at the Toronto office denied any knowledge of Rana and offered no comment on his arrest.

News in brief

DIPLOMACY Prime Minister Stephen Harper is denying his government is singling out a Canadian diplomat, who's warned of possible torture in Afghan jails, by refusing to pay his legal bills.

POLITICS Michael Ignatieff's office was in turmoil late yesterday as the Liberal leader shook up his oft-criticized, relatively inexperienced inner circle. After repeated denials from his official spokesperson, Ignatieff finally issued a news release Tuesday night confirming that he's bringing in Peter Donolo — a proven political communications whiz — as his new chief of staff.

THE CANADIAN PRESS

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Come on out trick-or-treaters — despite the flu scare

A health expert says there's absolutely no reason to keep healthy kids from trick-or-treating or holiday parties – despite H1N1. But Dr. Anne Matlow, of Toronto's Hospital for Sick Children, says kids should avoid eating anything that isn't pre-wrapped and should wash their hands before digging in. THE CANADIAN PRESS

How the Stasi infiltrated Canada

In the twilight of the Cold War, East German spies scooped up Canadian secrets on ... imitation leather and welding rods.

But they also went after cutting edge military technology.

New research shows the Stasi, the massive intelligence arm of the now-defunct German Democratic Republic, also obtained confidences of the Canadian Security Intelligence Service, including the names of employees.

One shadowy agent codenamed Siegfried collected dozens of pieces of documentation such as residence and work permits — information spies could use to slip into Canada.

The revelations of the Stasi's wide-ranging information scooping were unearthed by Helmut Muller-Enbergs of the German federal commission for the Stasi archives in Berlin.

His findings will be presented at a conference in Ottawa on Saturday.

The Hauptverwaltung A, the Stasi foreign intelligence service, had "undoubtedly deep insights into the domestic and foreign affairs of Canada," Muller-Enbergs says.

For eight years beginning in 1981, Siegfried the spy passed more than five dozen pieces of intelligence to Stasi headquarters.

The reports included information on passports, residence permits, car registration, unemployment insurance and income taxes. THE CANADIAN PRESS

Military suicides rise over 2008

WAR More Canadian soldiers killed themselves in 2008 than the year before.

But the military says the overall suicide rate has remained steady throughout the war in Afghanistan.

Fifteen active-duty members took their own lives last year — a rate of 23 per 100,000 — versus 11 confirmed suicides in 2007, according to newly released Defence Department statistics.

But the average rate of suicide over three years, from 2005 to 2008, was 17.9 per 100,000.

Those are the years that involved the heaviest combat in Afghanistan and the highest number of troop rotations.

Surprisingly, the military does not track suicides among reservists who are filling an ever-increasing number of the positions in the battle groups that are deployed for six month rotations in Kandahar.

The figures, from the military's medical branch, come amid greater public awareness of the issue following media coverage of the growing number of cases among U.S. soldiers. THE CANADIAN PRESS

Law would ease seal hunt rules

ENVIRONMENT Nova Scotia's environment minister would be given more power to approve a commercial grey seal hunt in a protected area of the province under amendments proposed yesterday, a move that triggered immediate outcry from opponents of the hunt.

The environment minister would have the authority to allow the controversial hunt on Hay Island without having to consider the hunt's effects on the area's biodiversity.

The authority must be sought by the federal Department of Fisheries and Oceans, which is responsible for regulating the hunt. THE CANADIAN PRESS

China executes two for Tibetan violence
Two people were put to death for their roles in deadly protests last year in Tibet, an overseas monitoring group said yesterday. THE ASSOCIATED PRESS

World

Lower expectations

UN scales back hope for quick global climate change deal

Just weeks before an international conference on climate change, the United Nations signalled it was scaling back expectations of reaching agreement on a new treaty to slow global warming.

Janos Pasztor, director of the UN secretary-general's Climate Change Support Team, said yesterday "it's hard to say how far the conference will be able to go" because the U.S. Congress has not agreed on a climate bill, and industrialized nations have not agreed on targets to reduce their carbon dioxide emissions or funding to help developing countries limit their discharges.

Pasztor told a news conference "there is tremendous activity by governments in capitals and internationally to shape the outcome" of the climate change conference in Copenhagen, Denmark, in early December, which "is a good development" because political leadership is essential to make a deal.

But he indicated that Copenhagen most likely won't produce a treaty, but instead will push governments as far as they can go on the content of an agreement. Ban said he plans to meet with U.S. Senate leaders to encourage passage of a climate bill. By doing so, they "can have a huge political impact for other negotiators of other countries," Ban said. Many developing nations, such as China and India, "are ready to make some political compromises only if and only when the United States is ready to do that." THE ASSOCIATED PRESS

Replacing Kyoto

- UN Secretary-General Ban Ki-moon has made a new climate treaty his top priority, after hosting a Sept. 22 summit on climate change to build momentum for a global agreement to replace the Kyoto Protocol, which only requires 37 industrialized nations to cut emissions.

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Obama looks to modernize U.S. power grid

FLORIDA U.S. President Barack Obama made a pitch for renewable energy yesterday, announcing $3.4 billion US in government support for 100 projects aimed at modernizing the American power grid.

Touring a field of solar energy panels in Florida, the president urged greater use of several technologies to make the country's power transmission system more efficient and better suited to the digital age. The projects include installing "smart" electric meters in homes, automating utility substations, and installing thousands of digital transformers and grid sensors. He likened the effort to the ambitious development of the national highway system 50 years ago.

But even as Obama pitched more efficient and renewable energy use, his trip made it clear that old habits die hard. He arrived in a motorcade of gas-guzzling SUVs. While waiting for the motorcade to get started, vans kept their engines running to provide air conditioning for occupants escaping a hot Florida sun. THE ASSOCIATED PRESS

REALITY HERE/THE ASSOCIATED PRESS

Barack Obama tours the DeSoto Next Generation Solar Energy Center yesterday in Florida.

News in brief

FRANCE A Paris court convicted the Church of Scientology of fraud and fined it more than $900,000 yesterday, but stopped short of banning the group's activities. The court convicted the church's French office of organized fraud. Investigators said the group pressured members into paying large sums of money for questionable financial gain and used "commercial harassment" against recruits.

CARIBBEAN A British Virgin Islands jury convicted a U.S. man of murder yesterday in the drowning of his wife during a scuba-diving excursion a decade ago. David Swain killed Shelley Tyre to pursue a romance with another woman and get his his wife's money.

BRITAIN A local council says the fossilized skull of a giant sea monster has been found off the south coast of England. The fossil came from a pliosaur that lived in the oceans 150 million years ago. THE ASSOCIATED PRESS

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"Apple Cider 600™ made me lose 16 pounds!"

Monique lives in Quebec City and works in the health sector. She was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"My name is Monique and I work night shifts in the health care sector five days a week. It's a hard schedule, and it made me gain a lot of weight - about 25 pounds. "

My pharmacy recommended Apple Cider 600™!

"Even though I exercised a lot, I could never lose the weight. Especially my legs felt very heavy. It was frustrating! At my local pharmacy I spoke to the naturopath, and he advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I lost 16 pounds in 6 weeks!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs, just by taking the tablets. The best part is that I finally lost weight from my legs – lots of weight! I didn't exercise while taking Apple Cider 600*, but I was careful not to eat unhealthy snacks and I did drink a lot of water, as recommended. My body truly transformed itself. I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

- Monique, QC

Water retention makes you bloat!!

Weight loss is not only about increasing metabolism to burn fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles look and feel heavy, pants fit tighter and your bra may become uncomfortably snug.

What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctor's say, because of the rise and fall of hormone levels.

So how can Apple Cider 600 help?

Apple Cider 600 is an effective formula of three herbs and plant extracts, designed to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism, balance digestion and alleviate stomach disorders. Globe artichoke stimulates your bodies detox process and dandelion is a strong diuretic, which for decades was used to eliminate retained fluids, commonly stored among the fat cells and soft tissue.

Apple Cider 600 has been developed by New Nordic, a Scandinavian manufacturer of high quality natural products. Apple Cider 600 is available at participating pharmacies and stores: Participating Shoppers Drug Mart, London Drugs, Wal-Mart, Zellers, Alive, GNC, Thrifty´s and other health food stores and pharmacies.

For more information, please visit www.newnordic.ca or call 1 800 261 4223.

**For best results, New Nordic recommends exercising as a part of healthy leaving.*
The testimonial above is one user's personal experience.

Brand-new rocket may blast off today
NASA was to try again today to launch its newest rocket, the Ares I-X, for a test flight after attempts failed yesterday. THE ASSOCIATED PRESS

Yacht couple feared prisoners of pirates

International naval forces hunted yesterday for a British couple feared taken by Somali pirates while sailing from the Seychelles.

As night fell, units were trailing three suspicious vessels.

Cmdr. John Harbour of the European Union Naval Force said one of its helicopters spotted a yacht towing two skiffs about 320 kilometres from the pirate stronghold of Haradhere.

He said it was too dark to read the vessel's name but its location suggested it could be the yacht of Paul and Rachel Chandler.

"We have two ships in the area and a helicopter and they are continuing their investigation," Harbour told Sky News from the EU force's headquarters near London.

"You never believe it's going to be one of those things that happens to your family."
Leah Mickleborough, couple's niece

The Chandlers were heading to Tanzania in their yacht, the Lynn Rival, when a distress signal was sent early Friday, according to the U.K. Maritime and Coast Guard Agency.

A resident of Haradhere who said he was a member of a pirate gang — a claim supported by local residents — said eight pirates were aboard the yacht, which was towing two skiffs.

The yacht was expected in Haradhere, on Somalia's coast, yesterday, Abdi Nor Osman said.

Leah Mickleborough, the Chandlers' niece, told BBC radio they are very experienced sailors who would never deliberately put themselves in danger.

"When you hear of things like this you possibly expect the worst might have happened, but you always hope that it hasn't," she said. "You never believe it's going to be one of those things that happens to your family."

THE ASSOCIATED PRESS

Belgrade **Her war-crimes sentence is over**

SRDJAN ILIC/THE ASSOCIATED PRESS

Former Bosnian Serb President Biljana Plavsic, left, reacts with Bosnian Serb Prime Minister Milorad Dodik after arriving in Belgrade, Serbia, yesterday. Plavsic had just been released from a Swedish prison after serving two-thirds of her 11-year sentence for war crimes.

Crash victim trapped on windshield, police say

CRIME Police say a motorist hit someone with his car and then drove more than a mile with him stuck in his windshield.

Christopher Swiridowsky has been charged with leaving the scene of an accident.

He has been jailed as an alleged bail violator from another case.

Rhode Island State Police say Swiridowsky drove into a group of three men who were standing on the side of a highway.

Police say one man suffered serious injuries.

But another became trapped in Swiridowsky's windshield.

Authorities say Swiridowsky drove away.

He is alleged to have stopped only because someone was following him. THE ASSOCIATED PRESS

Officer, mother escape gunmen

TERRORISTS Gunmen attacked a high-ranking Pakistani army officer as he drove through Islamabad yesterday.

The officer and his mother, who was riding with him, escaped unhurt.

It was the second targeted shooting against top military brass in a week and was an apparent retaliation for an army offensive against a Taliban stronghold.

THE ASSOCIATED PRESS

Feds seize drugs in chessboard
A calculated move to inspect a heavy chessboard paid off for customs officers at Philadelphia International Airport. Federal officials seized more than two pounds (one kilogram) of hashish and more than half an ounce of marijuana hidden inside the wooden game board. THE ASSOCIATED PRESS

Judge says night-night to stem-cell challenge

A U.S. judge yesterday dismissed a Christian adoption agency's challenge to Obama administration regulations expanding stem cell research.

The case arose from a decision by U.S. President Barack Obama to lift restraints on stem-cell research that were put in place by former president George W. Bush.

Nightlight Christian Adoptions contended in a lawsuit the government's new guidelines will decrease the number of human embryos available for adoption. U.S. District Judge Royce Lamberth called that assertion speculative. Donors, the judge said, still may choose to continue to store the embryos or give them to an adoption agency rather than donate them for research.

For Nightlight to have grounds to sue, Lamberth ruled, potential embryo donors have to choose to donate their embryos for research and not for adoption. THE ASSOCIATED PRESS

Nightlight

- Nightlight helps individuals adopt human embryos that are being stored in fertilization clinics. Nightlight began the program in 1997.

News in brief

WEBSITE Online retailer eBay said yesterday it will block an auction planned to raise money for the man charged with killing Kansas abortion provider George Tiller. Supporters said they wanted to raise money for the defence. THE ASSOCIATED PRESS

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Comment

Channelling the U.S.

Home and native news not to prime minister's liking

TheWestView

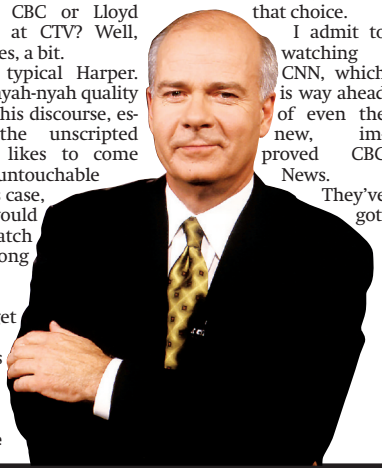
When Stephen Harper let slip recently that he doesn't watch Canadian TV news but it's his "hobby" to watch U.S. TV news, it set off a furor, mostly on Canadian TV news. Although it did make page 8 of the New York Times.

Enemy politicians jumped all over the opportunity for a sound bite like fleas on a dog. Jack Layton said Canadians "should be concerned." Bob Rae? He was "shocked," etc.

Michael Ignatieff wasn't available for comment. He was busy shooting his latest segment on This Hour Has 22 Minutes, that Canadian knock-off of an American news parody, only starring perky, colourful comedians from Newfoundland. When you're No. 2 and fading, you learn to love Canadian TV news, perky Newfoundlanders included.

Does it really matter if Stephen Harper prefers Glenn Beck and Bill O'Reilly on Fox to Peter Mansbridge at CBC or Lloyd Roberston at CTV? Well, yeah, it does, a bit.

This is typical Harper. There's a nyah-nyah quality to a lot of his discourse, especially the unscripted stuff. He likes to come across as untouchable and in this case, he would rather watch the wrong country's newscasts than get caught with his nose pressed to the glass here at home.



Peter Mansbridge

Frankly, he's not much different than a lot of other Canadians who find the U.S. more fascinating than the Great Lite North. If I could follow the fortunes of Barack Obama or Stephen Harper, which one would I choose?

Wait a minute, I have that choice.

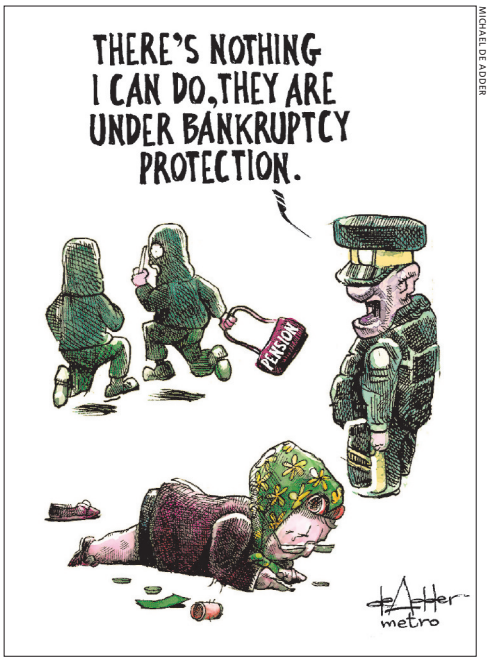
I admit to watching CNN, which is way ahead of even the new, improved CBC News. They've got The Situation Room with Wolf Blitzer! They've got holograms! They've got Anderson Cooper 360. They've got Louuuuu Dobbs!

But then, I also watch Canadian TV news. Not just a mere source of information, it is the daily chronicle of our nation, our home. More than that, Canadian TV news is the mirror we hold up to ourselves. It is how we recognize ourselves.

That's why it seems a bit cold for Stephen Harper to avert his gaze, whatever his reason, and turn his attention south. It would be nice if he showed some interest, now and then. If he pretended to care instead of pretending not to care.

But as my grandmother used to say, I should save my breath to cool my porridge. He's not going to read this piece anyway. Right, Steve?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Online chatter

Follow Metro on Twitter for news updates and more: @metrovancouver

Asked on Twitter: Will you be getting the #H1N1 flu vaccination? Why or why not?

HALIFAX

@adamflight: yes I'll be getting both shots for H1N1 & regular flu, if they have it. I'm getting them, because I'm not stupid!

@worldmind: I'm going to wait to see the results and symptoms of taking such a risky vaccine. the story of Desiree Jennings for example. Otherwise No I trust my Immune system.

TORONTO

@marygazze: Still debating whether to get the #swineflu vaccine. Young women are hit hard by H1N1, but shot was approved so fast. U still confused too?

OTTAWA

@JustAnOttawaDad: Got to 100 Constellation for Swine flu vaccine at 3:00, already #50 in line. Doesn't open until 5:00... #ottawa #swineflu

(Context: 100 Constellation is a community centre that is going to administer vaccinations)

EDMONTON

@Cokebear17: I'm sitting on the fence of 50/50 regarding the H1N1 vac. Would like to see how people are feeling wks after the shot

@Winawer: I will be getting the vaccine for #H1N1, because nobody else should have to pay for my failure to make a rational choice.

@DebraWard: If I can, I'm hi risk.

Word on the street: What extra precautions are you taking to reduce the risk of contracting H1N1?

Sade Thomasos
age 23, Vancouver

A: I'm actually in a contemporary health issues class ... that's teaching me ways I can actually help myself and people around me to not contract it, but mostly hand washing more than usual. And I carry sanitizer.

Nathan Armour
age 16, Vancouver

A: My mom bought two jumbo hand sanitizers and we have been spraying our door knobs, so none of us in the house get sick. At school ... I don't share drinks with anyone anymore — that is a key one.

Leanna Doherty
age 39, Vancouver

A: Nothing that I don't normally do. Just making sure to wash my hands all the time, loads of sanitizer, but because of what I do (dental office manager), I do all that anyways.

Abdi Elmi
age 44, Ottawa

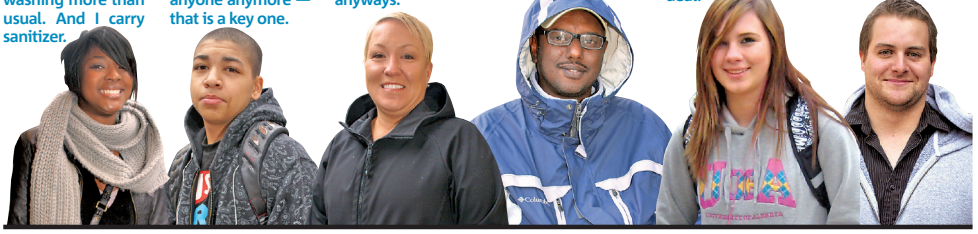
A: I'm not worried about it. I don't know anyone who has it. They say it's a problem for young people.

Amy Pyke
age 18, Calgary

A: Nothing in particular, except washing my hands. You see it on the news but it doesn't really seem like a big deal at all ... My mom wants to get a vaccination for it but I don't think it's a big deal.

Alex Vaughan
age 22, Cole Harbour, N.S.

A: As of yet I have not taken any extra precautions for H1N1. I don't plan on getting vaccinated either. I never get a flu vaccine. I'm not overly worried about it.



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Housing prices rise for third straight month in U.S.
U.S. home prices rose for the third straight month in August, signalling a housing recovery is taking hold. The Standard&Poor's/Case-Shiller home price index of 20 major cities released yesterday rose one per cent from July to a seasonally adjusted reading of 144.5. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Pay cuts for auto execs secret

Canadian governments are refusing to follow the lead of the U.S. Treasury and disclose whether auto executives here at taxpayer-funded General Motors and Chrysler will take further pay cuts, and how large those cuts might be.

Spokespersons for the federal and Ontario governments said yesterday GM and Chrysler execs in Canada are not among the top 25 paid employees of the parent U.S.-based automakers and therefore don't fall under disclosure terms of multibillion-dollar aid packages.

Last week, Washington released some details of additional sweeping executive pay cuts for seven companies that received American government aid, including Chrysler and GM.

Kevin Gaudet, federal director of the Canadian Taxpayers Federation, said the continuing lack of disclosure by companies that receive Canadian public aid is "disgusting."

"In the public service in Ontario, if you're making $100,000 or more, it's public information, but if you're a rich car executive, funded by taxpayers, it's not," Gaudet said.

The U.S. Treasury, which cut auto executive pay earlier this year, last week chopped the annual pay of GM chief executive officer Fritz Henderson by about 25 per cent to $950,000 US.

Only one other GM official will receive more than $500,000. The department released the pay of the executives but not their names. TORSTAR NEWS SERVICE

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Number of EI recipient down in August: StatsCan

BENEFITS The number of people receiving regular employment insurance benefits in August fell 2.4 per cent, or 19,100, from July, the second straight monthly decline.

19,100 The number of people receiving regular EI benefits fell 19,100, or 2.4 per cent, in August.

Statistics Canada reports the number fell in nearly all provinces, with the most notable percentage declines in Newfoundland and Labrador, Ontario, Saskatchewan, and Manitoba.

There were 763,200 beneficiaries in August, up 52.5 per cent from the recession's start in October 2008.

The number of initial and renewal claims received in August increased 8.2 per cent, or 22,500, to 298,300, following two months of declines.

Quebec and New Brunswick were the only provinces with an increase in the number of beneficiaries. THE CANADIAN PRESS

CIBC warns action needed on rising dollar

CURRENCY CIBC is warning that Canada's industrial base could be hollowed out if the Bank of Canada doesn't do something about the dollar.

The warning from the chief economist at Canadian Imperial Bank of Commerce comes at a time when the central bank is holding out the possibility of intervening to rein in the strong loonie.

The Bank of Canada hasn't recently used its power to buy and sell huge quantities of currency to affect the loonie's value, although it has done so in years past.

CIBC economist Avery Shenfeld says central bank governor Mark Carney should intervene during extreme fluctuations of the dollar. Shenfeld says Canadian manufacturing plants that can't compete with a persistently overvalued currency may have to close, and won't come back even if the loonie returns to fundamentals. THE CANADIAN PRESS

China **One snappy dinner**

VINCENT YU/THE ASSOCIATED PRESS

Crocodiles are on sale at Wal-Mart's first Sam's Club after opening ceremonies yesterday in Guangzhou, China. The opening represents a new step in Wal-Mart's penetration of the Chinese retail market, seven years after it opened its first outlet there.

Business in brief

POWER MEDIA Ex-employees of Canwest demonstrated outside a Toronto courthouse where lawyers are discussing severance. About 100 former Canwest staff and union members held signs calling for their severance payments to be resumed. It's the first time that the court has talked about the frozen pay since Canwest filed for creditor protection earlier this month.

RETAIL Shares of Lululemon Athletica Inc. jumped nearly 11 per cent after the yoga wear retailer raised its earnings guidance for its third quarter due to better-than-expected sales. In early trading on the TSX, the Vancouver company gained $3.01 to $30.40, a gain of 10.99 per cent. THE CANADIAN PRESS

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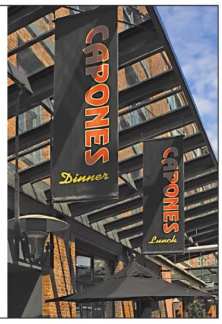

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Ott suspended two games for hip check

The NHL suspended Dallas Stars forward Steve Ott for two games yesterday for a low hit on St. Louis Blues defenceman Carlo Colaiacovo. The incident occurred midway through the second period in the Stars' 4-1 victory last Saturday. No penalty was assessed on the play. THE CANADIAN PRESS

Sports

IOC addresses gender issues

The International Olympic Committee will convene a special conference of medical experts to draw up guidelines for dealing with "ambiguous" gender cases in the wake of the controversy surrounding South African runner Caster Semenya, left. The IOC did away with mandatory gender testing at the Olympics 10 years ago. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Toss biscuit at basket, repeat

TheHockeyNews

For a team that struggles so mightily to score most nights, the Vancouver Canucks sure do toss the biscuit at the basket a lot.

Take out the 7-1 drubbing of the Montreal Canadiens and Vancouver has 24 goals in 10 games; those 2.4 goals per game would rank them 23rd instead of their current 18th.

But take away the 35 shots the Canucks threw at the net that night and it has a much less dramatic effect; dropping them from 33.9 to 33.8 shots per game, leaving them fifth in the league instead of fourth.

Last season, Vancouver was 25th in shots per game — averaging 28.5 — and they had only one player, Daniel Sedin, among the top 100 in shots. This season, they have three among the top 30 — Mikael Samuelsson, Alex Burrows and Mason Raymond. Add in a healthy Daniel Sedin, who would be leading the team in shots had he not got injured, and a recuperated Pavol Demitra and who knows how many shots they'd produce.

"Last season, Vancouver was 25th in shots per game — averaging 28.5 — and they had only one player, Daniel Sedin, among the top 100 in shots."

It's the veterans who will ultimately have to pick the offence up by the scruff of the neck and actually start putting the puck in the net until the budding youngsters find a knack; once Daniel and Demitra return that will be their purpose.

But the fact the team is creating so many opportunities is a great sign, especially since they also rank third-best in shots against per game.

Since Markus Naslund left, the Canucks have lacked a second player capable of consistently putting up 200 shots a season.

Now, they have Mikael Samuelsson who has easily passed the mark the past two seasons and a group of young players whose career progressions are taking them towards the watermark. Is it too much to ask the usual 200-shot suspects, Samuelsson and Daniel Sedin, to do the same, and still ask Burrows, Raymond, Ryan Kesler, Kevin Bieksa and even a surprising shot-producing Michael Grabner to hit 200? Perhaps. But the best offensive teams have at least a few players who hit that total.

One thing is for sure; even though this team was knocked out last year because of a lack of secondary scoring and are lately winning games by scores of 3-2, 2-1, etc., they don't necessarily have to continue to live with that stigma as long as they keep up with this surprising statistic.

Because you know what the best way to score goals is? Shooting the puck!

The Hockey News thn.com

Sports in brief

DODGERS Jamie McCourt filed for divorce from Dodgers owner Frank McCourt yesterday and asked a judge to reinstate her as the team's chief executive, signalling what could be a lengthy and nasty fight over the storied baseball franchise.

HOCKEY An Idaho junior hockey team was banished temporarily from a city ice rink after players engaged in a game of "strip hockey" — shedding a piece of uniform every time a practice shot missed its mark.

SWINE FLU The Colorado Avalanche have confirmed that backup goalie Peter Budaj has swine flu. METRO NEWS SERVICES

m.metronews.ca

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Learn how to scan the barcode with the instructions at the top of pg 3

METRO HOCKEY POOL STANDINGS*

Sponsored by Money Mart

NAME	LOCATION	GP	G	A	PTS
1. Patrick Reed	AB, CA	119	71	74	145
2. Stephanie Warren	NS, CA	119	68	74	142
3. Danny Chan	ON, CA	116	61	78	139
4. Jay Mitchell	ON, CA	117	66	72	138
4. Lorne Willmott	ON, CA	116	65	73	138
4. Neil Mann	ON, CA	120	67	71	138
7. Christian Gagnon	NB, CA	116	62	75	137
7. Derrick Yee		120	66	71	137
7. Kyle Turk	NS, CA	118	65	72	137
10. Paula Almeida-Stille		120	62	74	136
10. Stephen Stille	ON, CA	120	62	74	136
10. Terry Bobryk	AB, CA	120	55	81	136
13. Douglas Skanderup	AB, CA	119	68	67	135
13. Jonathon Gremsperger	BC, CA	118	64	71	135
13. Rick Kit	ON, CA	117	61	74	135

* Results exclude Quebec

markerzone.com metro

Johnson leaves on stretcher as Canucks battle Wings

NHL RESULT

Detroit 5 Vancouver 4

AT

NHL Jason Williams' power-play goal with just over five minutes left in the third period gave the Detroit Red Wings a come-from-behind 5-4 victory over the Vancouver Canucks yesterday night.

The Wings overcome an early 2-0 deficit to end a three-game losing streak. Pavel Datsyuk led Detroit with his first two goals of the season while Tomas Holmstrom and Niklas Kronwall also scored in the victory.

Henrik Sedin led Vancouver with two goals and an assist while Christian Ehrhoff and Mathieu Schneider added singles.

The Canucks also lost forward Ryan Johnson, who was taken off the ice on a stretcher and brought to a hospital after crashing heavily into the end boards in the second period.

A Canucks spokeswoman said Johnson was later "experiencing full movement" and taken to hospital for further observation. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Vancouver Canuck Ryan Johnson is taken off the ice on a stretcher after crashing head first into the boards during second-period NHL action against the Detroit Red Wings in Vancouver yesterday.

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Cubs sale finalized
The $845-million US sale of the Chicago Cubs and Wrigley Field to Joe Ricketts, the founder of TD Ameritrade, is complete. THE ASSOCIATED PRESS

Yanks to win Series: Poll

DH or no DH in the World Series? Just decide, darn it!

Baseball fans want a clearcut answer on the designated hitter dilemma that pops up every October. Whether they'll stay awake to watch the games this week, nearly half say no.

Those were the findings of an Associated Press-Knowledge Networks poll released yesterday, with fans predicting the New York Yankees would win the championship and Alex Rodriguez would be voted MVP.

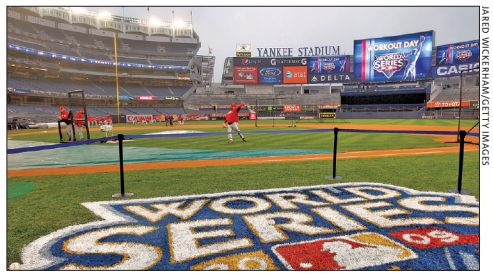
Cincinnati's Dan Driessen became the first World Series DH in 1976, and the issue has split baseball ever since. Fans seem equally fractured, except for this slight agreement: About three-quarters want an all-or-nothing solution.

The poll found 38 per cent want no DH in the Series and 34 per cent favour full-time use. Only 28 per cent liked the current way — a DH in AL stadiums but not in NL parks.

No surprise, Philadelphia slugger Matt Stairs wants to keep it. He figures to get a few swings for the Phillies at Yankee Stadium once the Series opens tonight.

"You're talking to a guy who has served as DH most of his career. I wish baseball would go strictly DH," Stairs said Monday.

THE ASSOCIATED PRESS



JARED WICKERHAM/GETTY IMAGES

Members of the Philadelphia Phillies warm up during World Series workouts yesterday at Yankee Stadium. By a ratio of nearly 2-to-1, fans have picked the Yankees to beat the Phillies for the crown.

Celtics take NBA opener from Cavs

NBA RESULT

Boston 95 **Cleveland** 89

AT

BASKETBALL The reunited Big Three — and Rasheed — are one up on the Big Two.

Paul Pierce scored 23 points, Ray Allen 16 and Kevin Garnett 13 in his first regular-season game since last March as the Boston Celtics beat Cleveland 95-89 last night in the NBA season opener, spoiling the hyped debut of the Cavaliers with LeBron James and Shaquille O'Neal.

Pierce made two crucial jumpers and two free throws in the final 1:03 to pace the Celtics, whose drive to a second straight title was derailed when Garnett injured his knee late last season. Rasheed Wallace, added as a free agent during the off-season, had 12 points.

James scored 38 and O'Neal added 10 points and 10 rebounds for the Cavaliers.

THE ASSOCIATED PRESS

Sports in brief

BOSTON Celtics forward Glen (Big Baby) Davis had surgery yesterday to repair his broken right thumb after fighting with a childhood friend while riding in an SUV a day before the season opener. Davis is expected to miss at least six weeks, though the Celtics said he also could be suspended for his behaviour. METRO NEWS SERVICES

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PEOPLE POWERED

Working harness key for guide dog's state of mind

Guide dogs differentiate between work and play through the presence of their working harness. When the harness is on, they must either be guiding their handlers or lying quietly as the owners attend to other tasks. METRO NEWS SERVICES

Workology

Guide dog do's and don'ts

Some basic rules to bear in mind when interacting with a dog that's providing assistance to a blind person: It is important not to touch or talk to a guide dog when its harness is on. Do not feed a guide dog under any circumstances. Leash corrections are a common training tool and are crucial to maintaining discipline. If you operate a restaurant, store or other business, remember that it is against the law to deny a guide dog access to your premises. THE CANADIAN PRESS

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Schools for guide dogs struggling

Canadian schools that train guide dogs for the blind are feeling the effects of the global recession — a downturn experts fear could end up scuttling precious growth in a charitable industry that has only recently gained traction north of the border.

Canada's guide-dog schools are unlike their more established, better-known cousins in the U.S., where a higher profile and more solid financial footing allows them to raise more money and match more dog teams in one year than all four of the internationally accredited Canadian schools combined.

Like most of their North American counterparts, Canadian schools fund their costly programs exclusively through charitable donations, which have declined in recent months — especially in the corporate category as businesses re-evaluate their spending priorities.

While donations from loyal individuals remain strong, top officials at Canadian guide dog schools fear the lag could slow their momentum, which had been growing prior to the economic downturn.

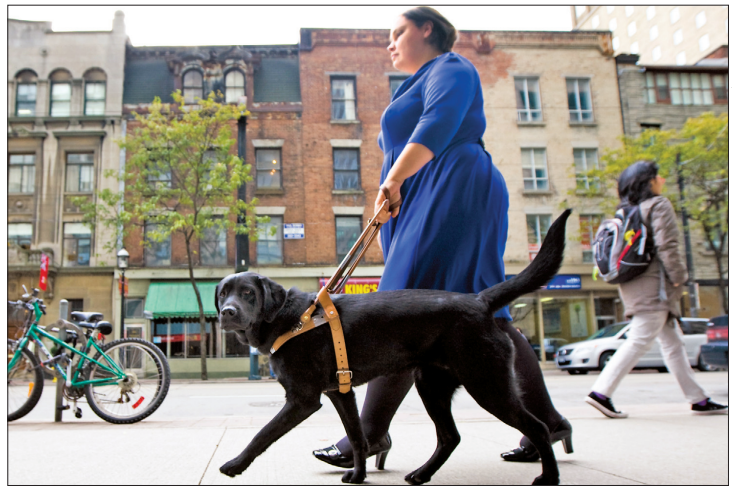
"There are schools that are struggling now, the smaller schools particularly," said Sandy Turney, director of Guide Dogs Canada in Oakville, Ont.

"We have different sources of funds, but it's a tough go for people … I think in Canada we really were on a good growth path. It's just whether we can keep it up across the country."

Canada was a latecomer to the international guide dog movement, which took shape in Europe in the 1920s and first reached North America in 1929. Canada's first school dedicated to the training of dogs for the blind did not open its doors until 1981, when Eric St-Pierre founded the Mira Foundation, located near Montreal.

Slow to adapt

- Canada was a latecomer to the international guide dog movement, which started in the 1920s. Canada's first school dedicated to the training of dogs for the blind did not open its doors until 1981.



NATHAN DENETTE/THE CANADIAN PRESS

Michelle McQuigge walks with her two-year-old Labrador Retriever guide dog named Reva. See metronews.ca/work for more coverage.

Canadian Guide Dogs for the Blind matched its first teams in 1984 at its training centre 30 minutes south of Ottawa, while Oakville's Guide Dogs Canada launched its program in 1985 with the assistance of the Lion's Foundation. BC Guide Dog Services, which caters only to clients living in British Columbia and Alberta, was founded in 1996.

All four organizations have since won accreditation from the International Guide Dog Federation and have similar credentials to schools that have been established for decades.

But Bill Thornton, chief executive of BC Guide Dogs, said Canadian schools have struggled to attract clientele away from the American organizations who had the market cornered for years.

"Everyone who had got a (guide) dog in the (United) States just went back."
Bill Thornton, chief executive of BC Guide Dogs

"Everyone who had got a dog in the (United) States just went back," Thornton said. "People had already been to a college, they tend to go back there because, generally speaking, I think people have a good experience."

Part of the philosophy is to ensure cost doesn't prevent blind people from obtaining a guide dog, which is why the schools provide their services free of charge or for a nominal fee despite consensus estimates that suggest the value of a typical guide dog starts at $20,000.

All four Canadian schools acknowledge they are unable to raise the same amount of money as their American counterparts, a circumstance Thornton attributes in part to Canada's smaller population and limited number of wealthy foundations.

"It takes us longer to move forward because our revenue opportunities … are much more difficult," he said. "Canadians are wonderfully generous, but there's just not as many of us to put money into those programs."

THE CANADIAN PRESS

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Did you know?
Research conducted by the Enterprise Council on Small Business in 2008 found that 83 per cent of small businesses rely on word of mouth marketing to promote their business and products. METRO NEWS SERVICES

In it all for the love of music

LINA TOYODA
for Metro Canada

There are decisions made in pivotal moments in everyone's life that changes the course of their lives.

For East Vancouver-based guitar maker Billy Bones, it was when the high-end furniture making shop he was working for went under several years ago.

At that point, he thought about the things he loved: Pinball, motorcycles, and rock 'n' roll.

"I thought I should do something with rock 'n' roll with my life," Bones said, who also plays guitar in Vancouver-based garage-punk band The Vicious Cycles.

So after he finished a guitar-building course in Calgary, he launched Sparrow Guitars in 2004.

Learning how to craft a guitar is one thing, but trying to enter a market with such established giants like Gibson and Fender is another mounting challenge. He looked for a way to enter the guitar market where he could find a wedge.

"What I came up with is graphics on the guitar," he said. Inspired by '50s "hot rod greaser culture," his line of guitars features pinstriping, flames and high-quality custom graphics.

Although Sparrow Guitars' brand was built on flashy graphics, it was important to Bones to build a reputation for good, quality guitars.

"At first, I'd always hear, 'That looks cool,' but now people are adding, 'And it's a really good guitar.'"

He said the goal from the start was to produce a guitar that a kid can afford to play and that's going to sound great.

Bones said he tries to keep costs down without compromising quality by outsourcing some of the production while keeping the assembly in Canada.

He's currently looking for cost-effective ways to produce the guitars entirely in Canada.

Sparrow offers five models of guitars with fairly traditional body shapes, which retail for about $500 to $1,800.

Sparrow has grown from producing 200 guitars in its first year to 1,200 in 2008, and expects to double its output in the next two years.

"I basically put everything I had into this company," he said. "For the first three years, we were throwing money into a big hole."

Building a presence for the brand has taken time, he says, but it's beginning to pay off with 2008 marking the first year he turned a profit.

The 34-year-old Bones says learning the business was not without its hurdles. Many retailers expressed interest in his guitars in the first year, but would tell him, "I love those guitars. If you survive the next three years, I'll buy a ton of those."

Today, his guitars are sold in North America, the United Kingdom, Europe and Australia, and Sparrow is endorsed by noteworthy punk bands like NOFX, Anti-Flag and D.O.A.

Go to sparrowguitars.com for more.

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Billy Bones, founder of Sparrow Guitars, is seen here with a Big Daddy model from his line of guitars.

In a 9-to-5 world, is there support for a '9-to-5 bra'?

Dragons' Den

Is it wrong to look sexy at work? This is a HOT topic of discussion on tonight's episode of Dragons' Den!

The subject comes up thanks to a pitch by Andrea Clair, who has invented a piece of lingerie she calls the "9-to-5 Bra." It's designed to cover a woman's breasts so that no cleavage is visible, no matter how well-endowed that woman may be. Andrea wants the five Canadian multi-millionaires known as the Dragons to invest in her company — and tells them there are lots of buyers for her bra: Women who want to look truly professional.

She's likely right that if your clothing is too provocative (or even flashy), it makes it more difficult for colleagues to focus on how well you're doing your job. And that could hinder your chances for advancement. We all want to look good, but maybe not that good.

What is suitable attire for the workplace these days? It naturally differs from industry to industry, and it depends whether you are interacting with customers. For example, people in manufacturing can dress down in a way that those in banking cannot. Those in artistic professions can get away with more outrageous looks.

Of course, a few decades ago, people dressed much more formally — all the time. But ever since the 60s, there's been a steady 'casualization' of both men and women's attire.

The bigger issue to my mind, is that how you dress shows how you view yourself. If you've decided you're a sex-bomb, that's great if you're aiming for a job at Hooters or Chippendale's, but it may not lead to promotion in other workplaces.

You'll see a variety of outfits on tonight's episode. Does the 9-to-5 bra attract an investment? Do the Dragons agree this is a critical issue?

You'll have to watch to find out.

Dianne Buckner is the host of Dragons' Den. Tonight's episode airs at 8 p.m. on CBC. Follow Dianne on Twitter @DianneBuckner.

New Aurora College campus proposed
A Yellowknife MLA is suggesting converting a French-immersion elementary school into a new Yellowknife campus for Aurora College. METRO NEWS SERVICES

IT a good bet amid cool economy

RAFAEL BRUSILOW
for Metro Canada

The dip in jobs for information technology workers appears to be over as employers say they plan to hire more part- and full-time workers in the next business quarter, a new study shows.

A recent poll of more than 300 top-level executives across Canada by The Verde Group on behalf of IBM and Sapphire Technologies found that 87 per cent of employers are planning to either maintain of keep their IT staffing levels over the next quarter, with a further 43 per cent of those planning to hire new full-time IT staff over the next 12 months.

Project managers and business analysts topped the list of IT jobs employers looked to hire for the most, suggesting many businesses are planning to go into expansion mode or at least prepare for an end to the current recession.

"In a tough economy companies put projects on hold, now those projects are coming back. It's a clear indicator of a positive outlook," said Terry Power, president of Randstad Canada, parent company to Sapphire Technologies.

Power says jobs in IT remain strong in comparison to the rest of the economy despite the downturn. Unemployment in the IT field for the past few years averaged about 2.5 per cent compared to the national average of roughly five per cent — this past year, while the overall unemployment rate hit about 10 per cent the rate of IT unemployment increased only to about four per cent.

Hiring in the world of information technology is back on the upswing according to a survey.

Robert Wylie, a director at IBM providing operational-takeover services to businesses, says the company has seen growth in the numbers and scope of IT staff its clients are asking for.

"We're seeing an uptilt in our clients' requirements for IT staffing. For the last year and a half what you saw was people trying to cut the costs of IT, now they're using IT staff to take costs out of their business. We're seeing companies make more of those strategic investments in IT staff," Wylie said.

Jobs in IT have been among the fastest growing sectors of the economy for years and Powers believes that strong undercurrent of demand is responsible for the current upswing in hiring expectations, since the cooling economy only put IT hiring needs on hold rather than eliminating them.

"If you look back to '06 and '07, there was a lot of discussion about the challenge of finding qualified IT professionals. It was always a mid- to long-term concern. Now I think it's fresh in people's minds again," Power said.

"In a tough economy companies put projects on hold, now those projects are coming back."
Randstad Canada President Terry Power

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York tops EMBA rankings
York University's Kellogg-Schulich Executive MBA program placed first among Canadian business programs in recent rankings by the Financial Times of London. The program placed 23rd worldwide. METRO NEWS SERVICES

Security breaches cost companies thousands

JON TATTRIE
for Metro Canada

A new study says IT security breaches cost the average Canadian company more than $800,000 in 2009.

The Telus/Rotman School of Management said the $834,149 average is a 97 per cent jump from last year. The average number of incidents rose from three per organization to 11.3.

Alan Lefort of Telus Security Labs says better monitoring systems and the economic downturn are the main culprits.

"Last year, organizations told us they were spending a lot of resources in putting together technologies to help them monitor and detect potential breaches, and as a result of that investment, they're now able to find more things," he said.

"(Another) thing that really stood out for us was the amount of insider-related breaches going on," Lefort added. "When organizations are forced to make a difficult decision and let people go, those people have to think about what happens next."

The money lost to IT security breaches last year jumped by 97 per cent.

This leads not to sabotage, but to staff using confidential information — like a security plan they've created — as work samples to help get another job, unintentionally compromising their former employers. "A breach is not necessarily something where there is a hacker involved," he said.

The $834,139 includes labour lost when a breach freezes systems, the cost of repairing the damage and replacing faulty security.

"Training your people how to properly handle information is so important and can have such a positive effect on the number of breaches, especially when they're related to information" Lefort said.

"Make it so they have to consciously make information public — don't make public the default."

Banks are popular targets for attackers and phishers, but the real danger is in lax security by customers, says Maura Drew-Lytle of the Canadian Bankers Association.

"A lot times, the problem is more that somebody's home computer is infected with viruses, or key-stroke loggers, and they could lose money that way," she said.

Banks counter that with security so if you log in from a computer the bank doesn't recognize, it steps up the security questions.

"They are always electronically monitoring transactions, looking for anything unusual," she said.

If your regular $100-a-week withdrawal suddenly turns into two large transactions, a red flag is raised and the bank investigates.

"Banks have a lot of personal, financial information, and they work very hard at protecting it."

Workology in **brief**

NEW RESIDENCE AT NORTHERN LAKES COLLEGE Last Wednesday, Alberta-based Northern Lakes College celebrated the opening of a new residence in Slave Lake, part of a push to educate more local people for employment in the oilsands. The $4.9 million, 52-bed townhouse-style residence will be particularly useful for apprenticeship students, who have difficulty finding short-term accommodation during 8- to 12-week courses.

METRO NEWS SERVICES

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Culinary Arts Friday, Oct. 30, 9:30 a.m. – room 305B	Downtown
Nursing (BScN) Year 1 Entry Monday, Nov. 2, 4:30 p.m. – room 1228	Broadway
Auto Collision, Refinishing Auto Technician, Heavy Duty Tuesday, Nov. 3, 11 a.m. – lobby, north building	Broadway
Baking and Pastry Wednesday, Nov. 4, 10:30 a.m. – room 216	Downtown

Downtown campus – 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station)

Broadway campus – 1155 East Broadway

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Cars like trains

A new European Union project, made up of several partners including Volvo Cars, is being launched to develop and test technology for vehicles that can drive themselves in long "trains" on highways. CANADIANDRIVER.COM

Metro Drive

What's the colour?

General Motors is asking the general public to come up with a name for the colour of its pre-production Chevrolet Volt. You can enter — and eventually vote — at chevroletvoltage.com. The three top vote-getters win a trip to the L.A. Auto Show. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

LaCrosse holds allure

Buick aims to get young buyers behind the wheel

JIL MCINTOSH
for Metro Canada

2010 Buick LaCrosse

Type: Four-door sedan
Price: from $32, 745
Engine: 3.0L V6/3.6L V6
HP: 255/280

Highlights

- Excellent handling
- Good blend of the traditional and the modern

Buick owners are among the oldest in the market, but GM plans to change that. The 2010 LaCrosse has what it takes, if younger shoppers get behind the wheel to see for themselves.

It's the all-new version of the Allure, which was always called LaCrosse in the U.S. (the Canadian name was changed because it's a naughty slang term in French). It's expensive to sell a car under two names, and GM should have called it LaCrosse all along. At least it's finally smartened up.

It's also smartened up about putting out the right stuff. Allure — which was made in Oshawa, but production has moved to Kansas — was an OK car. LaCrosse is a really good one.

A 3.0-litre V6 powers the base CX, which starts at $32,745, and the mid-range CXL, at $34,745. The CXL is also the only one that adds all-wheel-drive, at $38,245. The top-line CXS uses a 3.6-litre V6 and starts at $40,745.

At 255 horsepower, the 3.0 isn't as strong as the 280-horsepower 3.6, and you can feel a few shift points where the transmission is tuned more for fuel economy than for performance.

If your wallet can take it, though, the top-line CXS offers the greatest driving pleasure. You can load it as high as $50,340 when you throw in every available option, including navigation, rear-seat DVD with headrest-mounted screens, sunroof and rear seat side airbags. They're fine, but it's the $895 Touring Package that you really want. It adds 19-inch wheels, H-arm rear suspension (also used on the AWD model) for better stability, and an automatic suspension that adapts for road conditions.

A tester so equipped hugged the curves on a winding road, taking corners smoothly and soaking up bumps without feeling floaty.

LaCrosse is also built in Korea and China for those markets. Buick is a luxury brand in China and owners are often chauffeur-driven, so the back seat is exceptionally roomy and comfortable.

The interior blends traditional and modern; available technology features include side blind zone alert, adaptive headlights that turn with the wheels, and a head-up display that projects the vehicle speed onto the windshield.

There is some room for improvement. More soft-touch plastics would be nice, and the A-pillars are very wide and create a blind spot. My biggest complaint is with the shift lever, which pulls back too far, making it tough to use the manual shift mode.

The 2010 Buick Lacrosse is the all-new version of the Allure, which was always called LaCrosse in the U.S.; inside, the LaCrosse is well equipped and exceptionally comfortable.

For more reviews of the latest cars, visit: metronews.ca/autoreviews

Vancouver will be a testing ground for the Nissan LEAF.

Vancouver's where EVs plug and play

It's hard to think of a better place than Vancouver if you want to establish a beachhead for electric cars in Canada.

With its self-styled green image, openness to new technology and increasingly congested streets, the city seems like an ideal place to test drive zero-emission electric vehicles (EVs) and the infrastructure they need to make them practical.

Word that Nissan-badged EVs will be arriving in 2011 is cementing its reputation.

The Nissan-Renault Alliance has signed a memorandum of understanding with Vancouver and BC Hydro to bring Nissan's LEAF EV into fleet use a year before it goes on sale worldwide.

Mark McDade, Nissan Canada's EV project manager, stresses this is not a test run for a pre-production prototype.

"These are not early trials for Nissan Canada," he says.

"These are production-ready, ready-for-consumption vehicles."

Vancouver already has a plug-in hybrid electric vehicle in its fleet — a Prius sporting a conversion module that allows for charging on the grid and increases its electrical capacity 10 times.

It also has an agreement with Nissan competitor Mitsubishi to test two of the Japanese automaker's i-MiEV models, scheduled to arrive later this year.

The Nissan LEAF will have a range of 160 kilometres of stop-and-go city driving. It can be recharged with normal 110-volt household current, 208-volt systems normally used for stoves, washers and dryers, and eventually 480-volt quick-chargers.

THE CANADIAN PRESS

Manual TL in Acura lineup

MODEL Acura has added a manual transmission model to the TL lineup for the 2010 model year.

Along with the luxurious TL and sporty TL SH-AWD, the 2010 TL lineup is the most diverse in the vehicle's historys.

The new TL SH-AWD Technology Package with a close-ratio six-speed manual transmission went on sale earlier this month.

The 2010 Acura TL.

FROM CARGUIDE

Ahoy, matey
The Cayman Islands are hosting their 32nd annual Pirates Week Festival, Nov. 12-22, a festival that includes a mock pirate invasion of Grand Cayman's George Town Harbor. See piratesweekfestival.com or caymanislands.ky. THE ASSOCIATED PRESS

Travel

Minivans are tastier: Yosemite bears

The black bears who call California's Yosemite National Park home have developed a taste for minivans, according to a study in the Journal of Mammology. Minivans represented 29 per cent of the 908 vehicles torn into by bears between 2001 and 2007, even though they made up just seven per cent of the cars visiting the park. The research notes that minivans are often driven by families with children who leave behind a trail of spilled juice boxes, Cheerios and snack-filled coolers. THE ASSOCIATED PRESS

TRAVELDESK@METRONEWS.CA

Surrounded by colonial charm

Oaxaca's boutique hotels capture the city's historical ambience

DAWNA L. ROBERTSON
for Metro Canada

Lauded as one of the best preserved and most captivating of Mexico's storied colonial towns, Oaxaca City melds the spiritual tapestry of yesterday with the artistic life of today into an atmosphere that's pure magic.

It's flamboyant blend of native Indian and provincial architecture is rooted in centuries' worth of local history. The Mixtecs and Zapotecs once constructed great centres in this same region — archaeological zones that are today considered among Mexico's most fascinating.

Later on, Conquistador Hernán Cortés chose the Valley of Oaxaca when offered a reward from the bounty of land he seized for Emperor Charles V,

But the historical charm doesn't end with the city's churches and museums: A collection of charming haciendas and mansions has been converted into intimate boutique hotels that preserve the past.

JEFF MORSE/ISTOCKPHOTO.COM

A vibrant courtyard of the Camino Real hotel in Oaxaca City, Mexico.

Camino Real Oaxaca

Among Oaxaca's most revered monuments is the former 16th century convent of Santa Catalina, a colonial structure that sparkles today as the AAA four-diamond Camino Real Oaxaca.

Meticulously restored to retain its grace, the hotel features romantic Spanish Baroque architecture and authentic colonial touches. There are sprawling tiled corridors with fading original frescoes, sun-splashed courtyards, jasmine-scented patios and vibrant gardens.

All 91 guest rooms are decorated with traditional high-beamed ceilings, stucco walls, hand-loomed bedspreads and wooden furnishings. Wooden beams support exposed terracotta ceiling tiles, and original floor tiles have been retained where possible. All rooms accommodate with air conditioning, fan, cable television, alarm clock, telephone with data port for Internet connection, fluffy pillows and oversized cushions. Guests opting for the Camino Real Club revel in larger rooms fitted with extras like a welcome fruit basket and lavish buffet breakfast.For a refreshing on-property escape, guests gravitate to the relaxing Las Bugambilias and lively Las Novicias bars nestled amid the building's classical facades. And for dining, El Refectorio presents Oaxacan and classic continental specialties in four distinctive areas — one that's framed by a wall of earthenware pots discovered during restoration.

Rates: Double occupancy rates are from $268 to 428 US nightly.

Online: caminoreal.com

Casa Oaxaca

Through a delicate remodeling of the 18th century colonial home, this five-star beauty emerged with a designer label earning it accolades for its minimalist style. With a bright white Mediterranean design, Casa Oaxaca is known as the city's "art hotel" for the paintings and craftworks adorning each of its eight guest rooms — including six luxe quarters clustered around the main patio. Generous in size and uncommon in tone, each offers air conditioning, telephone and cable television. Guests can sip beverages on the roof terrace, lounge on quiet patios or bask in a heavenly temazcal steam bath.

Perhaps most prolific is Casa Oaxaca el Restaurante, a high-end eatery that's arguably one of the city's finest. With fresh Oaxacan produce and Pacific catches, Chef Alejandro Ruiz prepares such creative gourmet specialties as squash blossoms stuffed with fresh cheese and honey, or pork with mancha manteles mole.

Hard-core foodies will relish the Chef's Route of Flavors, an Oaxacan market immersion bombarding the senses.

Rates: A welcome cocktail, Internet access, bathrobes, daily continental breakfast and indoor parking are included in nightly rates from $164 – 335 US.

Online: casaoaxaca.com.mx

Read more on page 22 ››

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Accommodating history

>> Continued from page 21

Hostal de La Noria

Standing majestically in the historic centre's heart just a few blocks from the zocalo, the well-appointed Hostal de La Noria blankets you within the relaxed, yet privileged ambience it once evoked as an elegant private mansion.

Casually refined and spacious, all 50 rooms have been individually fashioned as a tribute to Oaxaca's rich cultural heritage. Described as "comfortable colonial," the thoughtful design gathers all the amenities guests desire while maintaining a traditional feel.

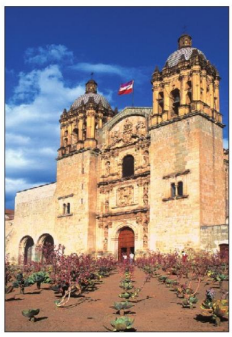
Detailed craftsmanship prevails throughout, with stained-wood furnishings, hammered tin or wrought iron headboards and marble counter vanities. Most rooms are equipped with cable TV, telephone with data port, ceiling fan, coffee/tea maker, and private bath that pampers with oversized fluffy towels and toiletries.

Even public spaces retain the privacy and lustre of a bygone era. The gentle atmosphere invites you to shroud yourself in bliss on a fountained patio shaded by canvas parasols and surrounded by an aesthetic pier-and-arch arcade.

Or unwind on the roof top sun deck with cocktails at Los Chapulines before savoring sumptuous fare at Asuncion Restaurante.

Rates: Daily breakfast and wireless Internet access are included in nightly rates from $70 to 180 US single or $120 to 210 US double.

Online: hostaldelanoria.com



CARLOS SANCHEZ

The church of Santo Domingo in Oaxaca City.

Casa Cid de León

For those who appreciate a retreat feeling familiar the instant you arrive, Casa Cid de León extends a welcome mat like no other. Owners Agustin and Lety dwelled here a decade before sharing its enchantment with others.

Four eclectic suites subtly blend green stone walls, terracotta floors and wood-beam ceilings with hand-embroidered linens, fresh flowers, overstuffed chairs, bronze chandeliers and rococo stucco angels. Amenities include air conditioning, satellite TV and whirlpool tubs.

A favorite is Bella Epoca, where everything comes in threes — a trio of rooms with three sets of French doors leading to three balconies. The bath is a dream with soft light fragmented by crystal lamps and brocade curtains framing the tub.

Rates: From $200 to 230 US per night, rates include fresh flowers, juice and coffee in room, wireless Internet access and round-trip airport transfers.

Online: casaciddeleon.com

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Liz praises MJ movie as best she's ever seen
Elizabeth Taylor has high praise for the new movie about her late friend Michael Jackson. The 77-year-old actress said Michael Jackson's This Is It is "the single most brilliant piece of filmmaking" she has ever seen. USMAGAZINE.COM

Entertainment

She's back!
Amy Winehouse had quite a coming out party at the British Q Awards — showing the world her newly augmented breasts when they slipped out of her corset when she left the event. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Cementing a legacy

IAN GORMELY
For Metro Canada

The creative legacy of Michael Jackson may lie in the hands of Kenny Ortega, but looking at him you'd never know it. Sitting in a Toronto hotel room, the director and choreographer appears warm and relaxed despite the insanely high expectations that surround the release of This Is It.

Following the King of Pop's sudden death in June, Ortega, tapped to choreograph Jackson's London comeback shows, was handed the unenviable task of assembling a feature length film out of the rough footage shot during the rehearsals.

"I didn't want to do it. I didn't have a chance to sort of catch my breath or gain any distance or objectivity over what had happened," he says. "It wasn't my idea and in fact I said no."

Despite his reservations, Ortega was a natural choice to helm the project. He previously choreographed Jackson's Dangerous and HIStory tours in the '90s and also had a strong film background, choreographing films like Dirty Dancing and directing the incredibly successful High School Musical trilogy.

He did agree to take a look at the footage and weigh in as to whether he felt there was enough usable material for a film.

"I realized it was my responsibility," he says.

"How could I turn it over to somebody else? It was our creation. We were doing this together."

Ortega says no changes were made to the original footage.

"It's the honest footage that existed from the moment that Michael made the announcement in London to the day that Michael died," he says.

From the preview footage, it's clear the shows were a collaborative process between Jackson and his choreographer; Ortega can be seen standing on stage directing Jackson and backup dancers.

The film will either confirm Jackson as the creative genius many claimed he was or expose him as the washed up nut-job that the tabloid media has framed him as for the past decade and a half.

"(This is) the story that the fans needed to see," says Ortega. "The fans will really get a sense of the material Michael was planning for the show."

• This is it opens in theatres today. Read tomorrow's edition of Metro for a review of the film.

Director/choreographer Kenny Ortega, right, is pictured with Michael Jackson. Ortega was given the unenviable task of putting together the film This Is It.

GETTY IMAGES

Vancouver screentimes

• **OAKRIDGE:** Wed-Thu 5-8
• **TINSELTOWN:** Wed-Thu 1-2-3-4-5-6-7-8-9-10
• **PARK & TILFORD:** Wed-Thu 6:30-9:30
• **RICHMOND CENTRE 6:** Wed-Thu 4:35-7:15
• **SILVERCITY RIVERPORT:** Wed 1-1:30-4-4:40-7-7:35-10-10:35 Thu 1-1:30-4-4:30-7-7:35-10-10:35
• **DOLPHIN CINEMAS:** Wed-Thu 4:30-7-9:30
• **SILVERCITY METROPOLIS:** Wed-Thu 1-4-7-10
• **SILVERCITY COQUITLAM:** Wed-Thu 12:30-1:35-3:45-4:25-7-7:45-10:15-10:45
• **STRAWBERRY HILL GRANDE:** Wed-Thu 1-4-7-10
• **STUDIO 12 GUILDFORD:** Wed-Thu 1:30-4:30-7:30-10:15
• **CRITERION 4 WHITE ROCK:** Wed-Thu 7-9:40

• Times are subject to change. Complete listings are also available at metronews.ca/movies.

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metro

Tour tragedy
Bruce Springsteen cancelled a performance in Kansas City, Mo., after his cousin, who worked as an assistant road manager, was found dead in his hotel room Monday. USMAGAZINE.COM

Flockhart's new challenge

Actor's role weightier in new season of Brothers & Sisters

NED EHRBAR
Metro World News

Aside from the odd film role, Calista Flockhart stepped out of the limelight after wrapping up Ally McBeal in 2002 to focus on raising her son, Liam.

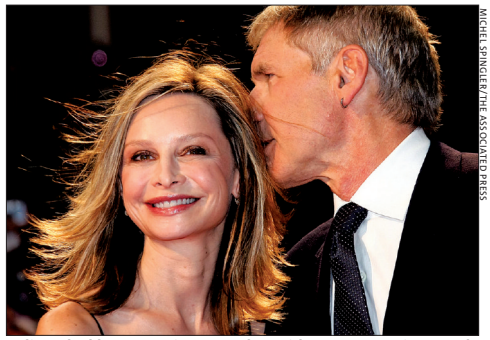
Then, three years ago, Liam started elementary school and Flockhart went back to work, joining the cast of another network drama, Brothers and Sisters.

She's been happily part of the ensemble, but now Flockhart finds herself front and centre once again as the new season of the ABC series focuses on her character Kitty's battle with cancer.

The hardest part of the job? "It's itchy," she says, motioning to the wig on her head. "Have you ever worn a wig for a long period of time? I'm going to need Tylenol by the end of the week."

Not that she takes lightly the duty of depicting such serious subject matter. "As an actress, it's interesting to explore going through that, but it is a bit intimidating and challenging," Flockhart admits.

"I've had days where I cry a lot and it's absolutely challenging. I've done a lot of research and my life has sort of been all about cancer the last couple of months… It's a frightening place to be."


MICHEL SPINGLER/THE ASSOCIATED PRESS

Calista Flockhart, seen in September with partner Harrison Ford, returned from a career hiatus to play Kitty on ABC's Brothers and Sisters. This season focuses on her character's battle with cancer.

Despite that, Flockhart says she never lets work follow her home. "Work for me is work, and the minute I'm finished with my work, it's gone," she says.

"I go home and I'm just me and living my life." Of course, that must be pretty easy when you're going home to an adorable third-grader and Harrison Ford.

Depending on the fate of her character, Flockhart says she could get comfortable in the Walker clan. "Who knows what the future will bring," she says. "When this show is over … we'll see where my life goes. But I'm not planning on taking another break or doing anything like that."

"When this show is over … we'll see where my life goes. But I'm not planning on taking another break."
Calista Flockhart

And while she's enjoying the steady life of a TV actress again, Flockhart's theatre roots are never far from her thoughts.

"There are a lot of reasons why I decided to take another television show as opposed to doing film or theatre," she says.

"When it's the right time for my family, I think I'll probably end up back in New York doing some plays."

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Anna Nicole given "hospital heroin"?

DRUGS A pain management expert testified that Anna Nicole Smith's doctor prescribed multiple opiates to her, including an addictive drug he called "hospital heroin." Dr. James Gagne testified yesterday in Los Angeles that Dr. Sandeep Kapoor excessively prescribed drugs to the former Playboy model without a medical basis. In Gagne's review of Kapoor's records, he found Kapoor gave Smith the drug Dilaudid for several months in 2004 after she broke her ribs. Kapoor later wrote that he was weaning her off of it. However, Gagne said, dosages inexplicably increased afterward.

Smith died of an accidental drug overdose in 2007. Gagne testified at a preliminary hearing to determine whether Kapoor and others should stand trial for allegedly funneling drugs to Smith.

THE ASSOCIATED PRESS

Madonna visits orphanage

CHARITY Madonna and her four children have visited the orphanage that kept one of her sons before his 2008 adoption from the impoverished southern African country.

Home of Hope Child Care Center director Lucy Chipeta says she showed Madonna and her son David his crib during yesterday's visit to the orphanage near the Zambian border. Siblings Lourdes, Rocco and Mercy joined their mother on the tour of the orphanage, where Madonna's Raising Malawi charity has built several new buildings.

THE ASSOCIATED PRESS

Brown publisher moves to Holt

ROLES Dan Brown's former publisher has a new job. Stephen Rubin, who resigned last month from Random House Inc., will be the president and publisher of Henry Holt and Company, where authors include Man Booker Prize winner Hilary Mantel.

THE ASSOCIATED PRESS

In brief

LAWSUIT A cosmetics-marketing company claims in a New York lawsuit that Naomi Campbell didn't hand over its cut of the proceeds from a fragrance-licensing agreement. The lawsuit says the supermodel violated a 1998 contract by leaving Moodform Mission out of a deal made within roughly the past year. THE ASSOCIATED PRESS

Apology in Travolta case

A Bahamas lawmaker apologized publicly Tuesday for remarks that caused a mistrial in the John Travolta extortion case, but he did not reveal who told him that a defendant had been acquitted before a verdict was announced.

Picewell Forbes said his televised assertion that the still-deliberating jury had cleared one of the two defendants, a former Bahamas senator from his party, was "not true."

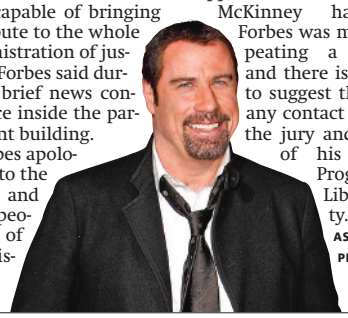
"My statements were reckless and interfered with the course of justice in that case and were further capable of bringing disrepute to the whole administration of justice," Forbes said during a brief news conference inside the parliament building.

Forbes apologized to the judge and the people of this island chain off the Florida coast. He did not take questions and his attorney, Anthony McKinney, said they cannot comment further because the matter is still before the court.

Senior Justice Anita Allen, who presided over the monthlong trial, has said she is considering a contempt of court charge against Forbes. Allen said she had no choice but to dismiss the jury because his remarks on the night of Oct. 21 gave the appearance of a leak from the jury room.

Forbes is scheduled to appear in court tomorrow.

McKinney has said Forbes was merely repeating a rumour and there is nothing to suggest there was any contact between the jury and leaders of his client's Progressive Liberal Party. THE ASSOCIATED PRESS



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primetime 10/28/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Dragon's Den (N) (CC)		The Tudors (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	America's Next Top Model (N)		Criminal Minds "Conflicted"		CSI: NY "The Triangle" (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice "Free Dental"		Third Watch (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	X-Men: The Last Stand ★★ (2006) Hugh Jackman. Premiere.				Melrose Place "Nightingale"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Bewitched ★★ (2005) Nicole Kidman, Will Ferrell. (CC)				(:01) Eastwick (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Mercy (CC)		Family	Cougar Town	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	America's Next Top Model (N)		The Vampire Diaries (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Conflicted"		CSI: NY "The Triangle" (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Monsters vs.	Monsters vs.	Law & Order: SVU		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	17 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Grocery Bag	Yourself Sexy	Chef Worthy	Fearl-Kitchen	Supersize
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Charlie Brown	The Middle	Family	Cougar Town	(:01) Eastwick (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Howling III: The Marsupials ★★ (1987, Horror) Barry Otto.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	OpenRoad	Steves Europe	Performance at White House		The Botany of Desire (N) (CC)				MI-5 (CC)
	290	382	28 FOX	MLB Baseball	Cops (CC)	Malcolm-Mid.	King of Hill	King of Hill	Family Guy	Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Final Hours: Amelia Earhart		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		The Botany of Desire (CC)	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Foreclosure	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		The Vampire Diaries (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
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	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26 NW	Planet Earth Exploring caves.		CBC News: The National		CBC News: The National		Planet Earth Exploring caves.		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball: World Series, Game 1			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey	SportsCentre (Taped) (CC)			World Poker Tour (Taped)		Triathlon: Ironman		SportsCentre
	411	457	49 OLN	Ghost Hunters "Irish Ruins"		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters "Irish Ruins"		Bounty Hunter
	410	403	54 SCR	Score Now	NBA Basketball Utah Jazz at Denver Nuggets. (Subject to Blackout) (Live)					Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Pinks Out	Pass Time	Pass Time	Wrecked
	416	409	144 GLF	La Liga 360		Toronto	MLS Weekly	Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	OddParents	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby Doo	Scooby-Doo! and the Samurai Sword (2009)			Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	58 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Coast Salish Knitters		The Story of India (N)		Simón Bolívar Youth Orchestra at the Lucerne Festival (N)				Stratford Adv
	575	583	20 CMT	Home Imp.	Home Imp.	Due South (CC)		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	One Tree Hill (CC)		America's Best Dance Crew		My Date	Video on Trial	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Realtor	Intervention	Property	Unsellable	House
	615	520	31 A&E	Bounty Hunter	Bounty Hunter	Extreme Paranormal (CC)		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter
	628	584	32 SPKE	The Ultimate Fighter (N)		The Ultimate Fighter		Prisoners Out of Control		CSI: Crime Scene Invstgtn.		CSI
	521	560	33 TLC	I Didn't Know	I Didn't Know	Obese and Pregnant (CC)		650-lb. Virgin (CC)		I Didn't Know	I Didn't Know	Twins
	616	522	40 SHO	The Outer Limits (CC)		The Guard "The Big Day"		Found.	Paradise Falls	Bones "Man in the Mansion"		NCIS (CC)
	620	523	40 BVO	The Musical Brain (CC)		Law & Order "Skate or Die"		Without a Trace "Win Today"		The Musical Brain (CC)		Entourage
	601	562	41 SLC	In Laws	In Laws	ET Canada	What	The Biggest Loser (CC)		Date My Ex: Jo & Slade		Trading Sp
	520	505	42 DIS	Mayday Air Canada plane.		Daily Planet (CC)		Mayday Air Canada plane.		Pitchmen "Grater Education"		Mega Builders
	522	506	44 HIS	Captain Bligh Conspiracy		Life After People (CC)		Ice Road Truckers (CC)		Captain Bligh Conspiracy		Outlaw Bikers
	627	528	45 SPC	Supernatural (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Meet-Browns	Meet-Browns	House-Payne	House-Payne	Sex and-City	Sex and-City	I Am Sam ★★ (2001) Sean Penn. (CC)		
	619	525	48 TROP	King	King	The Outer Limits (CC)		ET Canada	What	Family Guy	King	King
	603	561	52 FN	Chopped (N) (CC)		Chef School	Chef School	Unwrapped	Unwrapped	Chopped (CC)		Diner, Drive-In
	-	-	53 AMC	Magic ★★★ (1978, Horror) Anthony Hopkins, Ann-Margret. (CC)					The She Creature ★ (1956) Chester Morris.			Bride-Chucky
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Michael	RENO 911! (N)	Daily Show
	320	621	60 CEN	(6:15) Boot Camp (2007) (CC)		30 Days of Night ★★ (2007, Horror) Josh Hartnett. (CC)				Lock 'n Load	Underworld	
	581	566	101 MTV	The City (N)	After	MTV Live	Sex News	The Hills	The Hills	The City	After	MTV Live
	261	394	102 V	Unscripted (N)	Driven-Vision	Poltergeist: The Legacy		Kid Galahad ★★★ (1937, Drama) Edward G. Robinson. (CC)				Paid Program
	-	-	105 MUL	Sewing Maid	Boys Over Flo	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

critics'corner

Gary Unmarried

It's not that unusual for Gary and Allison (Jay Mohr, Paula Marshall) to disagree on what activities Louise (Kathryn Newton) should take part in — after all, how often do they agree on anything? — but after Gary vetoes a plan for his daughter to take Chinese lessons, Allison pulls out her own veto card when he tries to enroll Louise in golf lessons. Jane Curtin and Martin Mull guest star in "Gary Uses His Veto"; Ryan Malgarini also stars. 8:30 PM on CBS

Dog the Bounty Hunter

Here comes the bride … . Yes, Dog and Beth finally make their longtime union legal in this hourlong episode from 2006. But in between the showers, dress fittings and other wedding prep, they have a fugitive to catch. Things get a little crazy, but we won't nominate Beth for "Bridezillas" yet. If anything, we give her props for her ability to multitask. And her big Dog, too. 2 PM on OLN

Call of the wild

After years of successful hip-shaking, Colombian superstar Shakira thinks it's time to put them to another use. "My body feels like it is asking to reproduce, to have a huge belly and carry babies," she tells Rolling Stone magazine. METRO WORLD NEWS

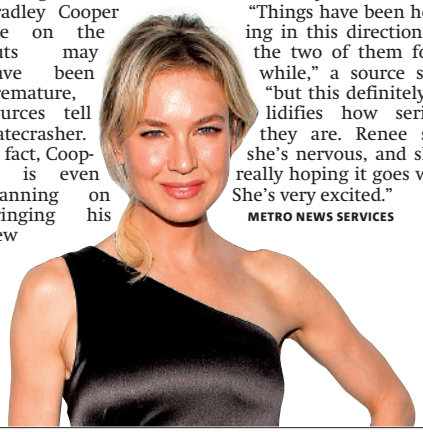
Celebrity Buzz

Renee nervous for Bradley's parents

WEDDING BELLS Reports that fledgling couple Renee Zellweger and Bradley Cooper are on the outs may have been premature, sources tell Gatecrasher. In fact, Cooper is even planning on bringing his new squeeze home to Philadelphia meet the family for the holidays.

"Things have been heading in this direction for the two of them for a while," a source says, "but this definitely solidifies how serious they are. Renee says she's nervous, and she's really hoping it goes well. She's very excited."

METRO NEWS SERVICES



Levi ready for nude 'art'

NUDIST AT HEART Get ready for more — a lot more — of Levi Johnston, usmagazine.com reports

The hockey-playing dad to Sarah Palin's grandson, Johnston, 19, is ready for his Playgirl close-up. And while a date has yet to be set for his nude photo shoot, his manager Tank Jones told usmagazine.com, "it will be early November" in New York.

And Playgirl readers shouldn't expect many artfully placed pillows in the photos. Jones confirms to Us that full-frontal shots are planned for the shoot — and that Bristol Palin's ex isn't nervous about exposing himself.

"He's pumped! He's ready to shock the world. The hell with fifteen minutes," Jones told Us over the phone. "As a matter of fact, when I picked him up, he came out the house naked. I said, 'Not now!'"

Johnston himself took the phone for a moment to chime in, telling Us: "I just get naked. That's what I do."

Like the up-in-the-air date, the theme of the shoot itself is also to-be-determined, Jones explained. "We're going to play it by ear. I'm going to make sure it's something he's comfortable with and tasteful. This is art."

METRO NEWS SERVICES

Celebrity tweets

John Cleese won't let exercise keep him from being comfortable, Demi Lovato doesn't mind bragging about being flu-free, Pink knows what she wants, and Jon Favreau is becoming fluent in toddler-speak.

• @JohnCleese
Have decided to wear carpet slippers all day, even for my workout...

• @ddlovato
I think I'm the only one staying healthy during this season! Well done multi-vitamins! ;)

• @Pink
every town should have a 24 hour pizza joint. that would make everything better. zabra cadabra.

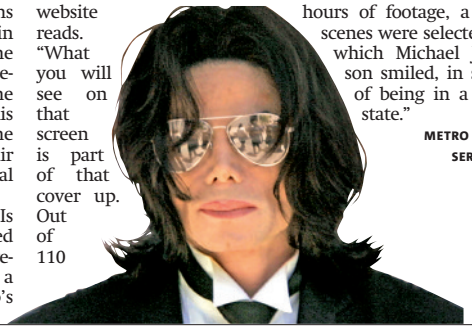
• @Jon_Favreau
My three year old daughter wants to be a "scoopy goblin" for Halloween which I think means a spooky goblin.

Fans protest Jacko documentary

THIS IS NOT IT? Diehard fans of Michael Jackson are up in arms about "This Is It," the documentary of his final rehearsals opening today. The fans behind the group, "This Is Not It," are protesting the film, claiming it isn't a fair depiction of Jackson's final days.

"The promoters for This Is It ignored the signs, ignored the pleas, and in fact, actively covered up the truth," a statement on the group's website reads. "What you will see on that screen is part of that cover up. Out of 110 hours of footage, a few scenes were selected in which Michael Jackson smiled, in spite of being in a dire state."

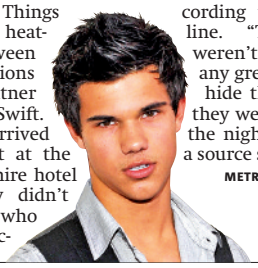
METRO NEWS SERVICES



Teen stars get hot at hotel

TWO TAYLORS Things appear to be heating up between teen sensations Taylor Lautner and Taylor Swift. The pair arrived Sunday night at the Beverly Wilshire hotel — and they didn't seem to care who noticed, according to X17 Online. "These two weren't going to any great length to hide the fact that they were spending the night together," a source says.

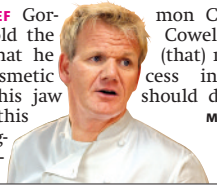
METRO WORLD NEWS



Ramsay goes under the knife

A CHANGED CHEF Gordon Ramsay told the Radio Times that he underwent a cosmetic procedure on his jaw area earlier this year at the urging of one Simon Cowell. "Simon Cowell suggested (that) now I'm a success in America, I should do something."

METRO WORLD NEWS



Newlyweds get love tattoos

INKED DINKS Nothing says forever like a tattoo — with the initials of your beloved, usmagazine.com reports. Khloe Kardashian blogged on Monday, "Lamar and I were eating at Sunset Plaza and I just said, 'Let's go to Tattoo Mania! I want a tattoo!'" And so they did. At L.A.'s Tattoo Mania, artist Dirk Vanderlinden applied "L.O." on Kardashian's right hand, and "K.O." on both of Lamar Odom's hands.

METRO WORLD NEWS

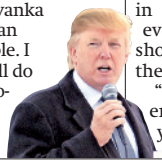
Scarlett on Broadway as a girl

TEEN ROLE Scarlett Johansson is set to make her Broadway debut as a 17-year-old girl, femalefirst.co.uk reports. The 24-year-old actress will appear alongside Liev Schreiber in an adaptation of Arthur Miller's A View from the Bridge.

METRO WORLD NEWS

Trump bets on great marriage

DADDY APPROVES Donald Trump couldn't be happier with his daughter Ivanka Trump's recent marriage to New York Observer owner Jared Kushner. Donald tells Us Weekly: "Ivanka and Jared are an amazing couple. I know they will do great things together."METRO WORLD NEWS



There's no biz like showbiz

LOVING THE LIMELIGHT Despite all the troubles being a reality-show star has brought her, Kate Gosselin also said she wants to stay in the limelight even after her show goes off the air.

"I've done enough years on TV that I feel like it's a normal, comfortable, natural place to be," she said. "I'd love to be in a movie at some point, I'd love to be the voice of a cartoon character in a movie for my kids. I think that would be fun."

METRO WORLD NEWS

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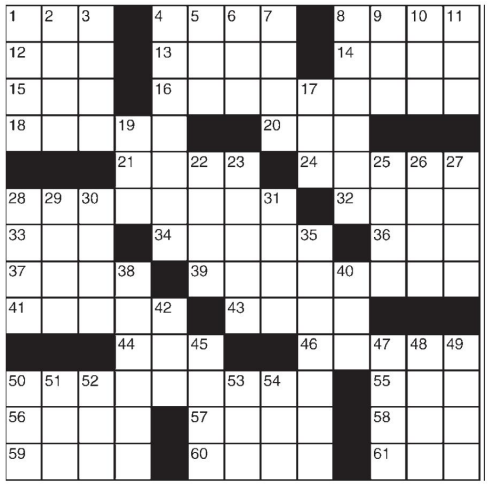
Take Five



ACROSS

1 Resistance unit
4 Low range
8 Terrible guy?
12 Pair with an air
13 Met melody
14 Mature
15 Freddy's street
16 Sample of signage
18 Impudent
20 Heavy weight
21 Greek peak
24 London newspaper
28 Montana city
32 Bear lair
33 Yoko —
34 Frat party garb
36 Feminine principle
37 Garbage barge
39 Wallet
41 Red River capital
43 — out (supplemented)
44 Eggs
46 Leaves at the library?
50 Kid's pop
55 "The 7 Faces of Dr. —"
56 Garfield's pal
57 Hindu princess
58 Doctrine
59 Enter
60 Related
61 Spell-down

DOWN

1 Poetic tributes
2 Luau entertainment
3 Mid-May honorees
4 Watch Junior
5 "Entourage" character
6 Part of RSVP
7 Sodium chloride
8 Kinda funny
9 By way of
10 Spring mo.
11 Homer's neighbour
17 Automaton, for short
19 Scale member
22 Uppity one
23 One majoring in farming
25 BLT enhancer
26 Satan's specialty
27 Transmit
28 "Poppycock!"
29 Bygone Peruvian
30 Crazy sort
31 Polio vaccine discoverer
35 Ignored the alarm
38 Fleecy
40 HHS division
42 Wall climber
45 Taj Mahal city
47 Smooth-talking
48 Facility
49 A few
50 Cranberry territory
51 Altar affirmative
52 Roman 52
53 Acorn creator
54 Blackbird

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		9	1		8	6		
	5		3		4		9	
7								3
		6	8	5	1	2		
		5	6	9	3	1		
1								7
	3		4		9		6	
		4	2		7	5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

T	W	A	S	■	A	S	E	A
W	A	R	M	■	C	H	E	M
A	R	T	I	C	H	O	K	E
■	■	■	T	H	E	E	■	R
O	M	A	H	A	■	■	B	I
W	I	R	Y	■	S	T	I	C
E	S	T	■	A	O	R	T	A
S	C	H	E	D	U	L	E	■
■	■	U	R	A	L	■	■	B
S	C	R	A	M	■	A	B	E
U	R	I	■	A	R	T	I	L
M	O	A	■	N	O	O	K	■
O	W	N	■	T	Y	P	E	■

A	R	M	2	8	6	5	3	7
R	H	O	1	9	4	6	8	2
E	T	E	3	7	5	1	4	9
L	A	H	A	L	4	6	1	7
■	■	■	O	M	A	H	A	■
N	G	■	W	I	R	Y	■	S
O	E	■	E	S	T	■	A	O
N	N	■	S	C	H	E	D	U
E	T	■	■	U	R	A	L	■
E	L	■	S	C	R	A	M	■
L	E	R	Y	U	R	I	■	A
O	E	■	M	O	A	■	N	O
K	E	W	O	W	N	■	T	Y

2	8	6	5	3	7	9	1	4
1	9	4	6	8	2	5	3	7
3	7	5	1	4	9	6	2	8
4	6	1	7	5	8	3	9	2
9	3	8	2	1	4	7	5	6
7	5	2	3	9	6	8	4	1
6	2	9	4	7	3	1	8	5
5	4	3	8	6	1	2	7	9
8	1	7	9	2	5	4	6	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Swiss Meringue Shells

INGREDIENTS:
3 egg whites
1/2 tsp (2 ml) vanilla extract
1/4 tsp (1 ml) cream of tartar
3/4 cup (175 mL) sugar
Berries of your choice
Whipped cream or vanilla ice cream, optional

METHOD:
1. Place egg whites in small mixing bowl; let stand at room temperature 30 minutes. Add vanilla and cream of tartar to egg whites; beat on medium speed until soft peaks form.
2. Gradually beat in sugar, 1 tbsp (15 ml) at a time, on high until stiff glossy peaks form and sugar is dissolved.
3. Drop eight mounds onto parchment-lined baking sheet. Shape into 3-in. (7.5 cm) cups with back of spoon. Bake at 225°F (107°C) 1 to 1 1/2 hours or until set and dry. Turn oven off; leave meringues in oven 1 hour.
4. Cool on wire racks. Store in an airtight container. Fill shells with berries and whipped cream or ice cream if desired.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Mercury crosses the wealth axis of your chart today, so you'll be looking for money-making opportunities. Stick with what you know.

TAURUS ♉
APRIL 21-MAY 21
Someone who usually keeps their opinions a closely guarded secret will speak their mind today and will no doubt shock you.

GEMINI ♊
MAY 22-JUNE 21
With Mercury joining the Sun in the work area of your chart today you will find it easier to organize your everyday routine.

CANCER ♋
JUNE 22-JULY 22
Your prospects are getting better with each passing day and they will get better still over the next 24 hours.

LEO ♌
JULY 23-AUG 23
It may annoy you that someone is saying things about you that are clearly untrue but don't make an issue of it.

VIRGO ♍
AUG 24-SEPT 22
As from today you will find it easier to express yourself, both in your personal life and on the work front. But some things are best kept to yourself.

LIBRA ♎
SEPT 23-OCT 23
Something you hear today may sound too good to be true but don't reject it for that reason alone.

SCORPIO ♏
OCT 24-NOV 22
Even if you are the sort of Scorpio who never gives much away, you will be more inclined than usual to open up about your feelings.

SAGITTARIUS ♐
NOV 23-DEC 21
This is never the easiest time of year for Sagittarians but there are plenty of reasons to believe that you can make positive changes in your life.

CAPRICORN ♑
DEC 22-JAN 20
Attitude is everything and if you surround yourself with people whose outlook is positive today your own view of the world will be positive too.

AQUARIUS ♒
JAN 21-FEB 18
Keep telling yourself that no matter how many obstacles fate puts in your path, it is your destiny to prevail over each and every one of them.

PISCES ♓
FEB 19-MARCH 20
If you have something to say, something you feel the world needs to know, say it now while the planets make it easy for you.

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1636: A vote of the Great and General Court of the Massachusetts Bay Colony establishes the first college in what would become the United States, today known as Harvard University.
1893: Tchaikovsky's Symphony No. 6 in B Minor, Pathétique, receives its premiere performance in St. Petersburg, only nine days before the composer's death.
1965: Nostra Aetate, the "Declaration on the Relation of the Church with Non-Christian Religions" of the Second Vatican Council, is promulgated by Pope Paul VI; it absolves the Jews of the alleged killing of Jesus, reversing Innocent III's 760 year-old declaration.

METRO NEWS SERVICES

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Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

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Queensborough Landing

PITT MEADOWS
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1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
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KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
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